By LaunchPoint

Workbook

CAREER DIRECTION CLARITY KIT

A resource for recent graduates and early career professionals. You do not need to have your whole career figured out. This kit helps you find a clear starting point, reduce overwhelm, and create momentum.

THINKING PARTNER

Coaching



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Section

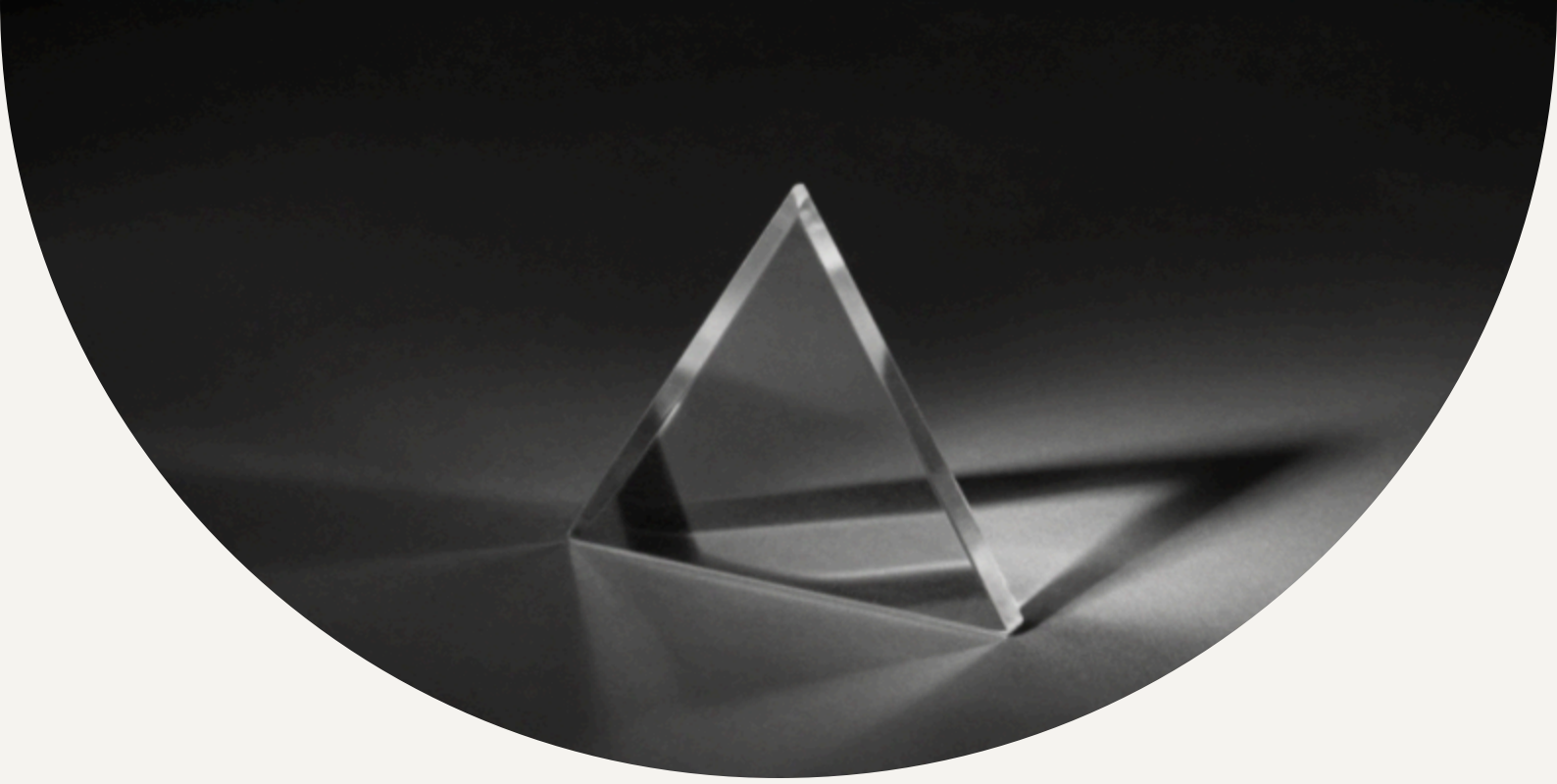
THE LAUNCHPOINT IDENTITY QUESTIONS

Three reflective questions to shift your thinking from job titles to professional identity:

1. Who am I becoming?

2. What matters most right now?

3. What do I want to be known for?



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Section

STRENGTHS SNAPSHOT

A quick self-assessment (5-10 minutes). List your Energisers, Drainers, Natural Strengths, Learned Strengths, and What Others Notice about you.

Then circle repeated items, highlight surprises, and star areas to develop.



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THE EARLY CAREER DECISION FILTER

Three questions to test any opportunity:

1. Does this move me toward who I am becoming? If not, it is noise.
2. Does this align with what matters most right now? If not, it is a distraction.
3. Does this create momentum? If not, it is a stall.

An opportunity that passes all three is a strong early career move.



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YOUR 48-HOUR ACTION PLAN

Turn reflection into action:

1. Choose one insight from the Identity Questions.
2. Choose one strength from the Strengths Snapshot.
3. Choose one decision using the Decision Filter.
4. Take one action within 48 hours.

Examples: Update your CV or LinkedIn, reach out to someone in your field, or speak with your manager about development.



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HOW THIS FITS INTO LAUNCHPOINT

This kit is the first step in your LaunchPoint journey. It connects to broader coaching and development built around three pillars: confidence, capability, and momentum.

Each resource builds on the last, helping you move from clarity to action to growth.