



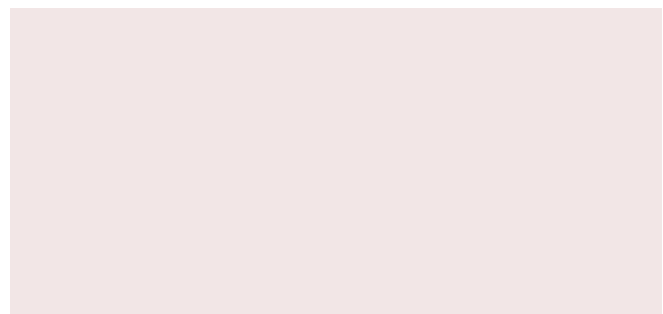
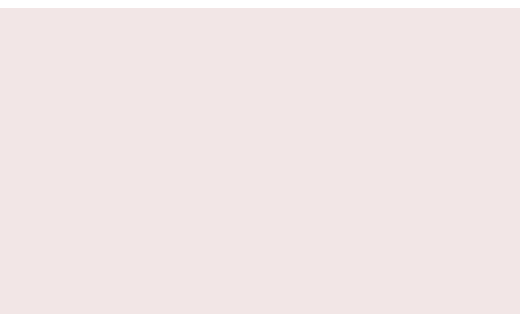
# Why My Career Isn't Advancing- Brainstorming Exercise

Both personal and job-related issues can hold back your career advancement. Here are some of the most common reasons you may *not* be getting that raise or promotion you're desiring.

## What's Holding Your Career Back?

You asked for a promotion too soon.  
You fulfill only your job requirements.  
The position you want is non-existent.  
You have an entitlement mentality.  
You have a negative attitude.  
You have limiting beliefs.  
You lack up-to-date job skills.  
You lack needed interpersonal skills.  
You don't implement suggestions.  
You lack professionalism.

You don't take the initiative.  
You only want a paycheck.  
You don't demonstrate your value.  
You're unorganized or procrastinating.  
Your personal issues affect performance.  
You don't ask for assistance/questions.  
You don't follow through.  
You don't express interest in development.  
Your communication skills are lacking.  
You are not compassionate towards others.



**\* Feel free to add above "other reasons" you've received from employers' and supervisors' feedback**



**After examining different areas of my life, as well as feedback I've received, I have identified these things that may hold me back from advancing in my career.**

Reason/Feedback:

What needs work:

My solution to fix this is:

I can demonstrate my proficiency by:

Reason/Feedback:

What needs work:

My solution to fix this is:



I can demonstrate my proficiency by:

[Empty text box for demonstrating proficiency]

Reason/Feedback:

[Empty text box for Reason/Feedback]

What needs work:

[Empty text box for What needs work]

My solution to fix this is:

[Empty text box for My solution to fix this is]

I can demonstrate my proficiency by:

[Empty text box for demonstrating proficiency]

Reason/Feedback:

[Empty text box for Reason/Feedback]

What needs work:

[Empty text box for What needs work]



My solution to fix this is:

[Redacted area]

I can demonstrate my proficiency by:

[Redacted area]

Reason/Feedback:

[Redacted area]

What needs work:

[Redacted area]

My solution to fix this is:

[Redacted area]

I can demonstrate my proficiency by:

[Redacted area]

Reason/Feedback:

[Redacted area]



What needs work:

[Redacted area]

My solution to fix this is:

[Redacted area]

I can demonstrate my proficiency by:

[Redacted area]

Reason/Feedback:

[Redacted area]

What needs work:

[Redacted area]

My solution to fix this is:

[Redacted area]

I can demonstrate my proficiency by:

[Redacted area]



Reason/Feedback:

[Blank area for Reason/Feedback]

What needs work:

[Blank area for What needs work]

My solution to fix this is:

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