**Finding the Time**

Exploring what gets in the way of dedicating time to your career development: some reflective questions

1. **Recognising the real challenge for you**

It’s rarely a case of poor time management. The real challenge will be different for different people and working out what is really stopping you from spending time on your career, will help you to then tackle that specific issue.

Think about a time when you were going to spend some time working on your career or Prosper. What were you doing at the time?

* What stopped you?
* What did you do instead?
* How were you feeling?
* What other factors were coming into play for you?
* What did you notice about yourself and the context?
* What outcome would you have liked there to be in this situation?

Now think about a time when you were going to spend some time working on your career or Prosper. What were you doing at the time?

* What was the context
* How did you feel?
* What do you notice?
* What can you learn from this that might help you get into that groove more often?

1. **Understanding where you are spending your time at the moment**

Map out how you spent your time last week. Are you working in crisis mode (where everything is urgent and important)? Are you dealing with distractions and other people’s deadlines? Are you hiding in ‘busy work’ or procrastination? Are you able to make time for quality work, and to do the thinking and goal setting you need for Prosper?

1. **Re-engaging with why you are doing it.**

Write some notes on why you are doing Prosper in the first place. Returning to your ‘why’ can be helpful when you are stuck in a procrastination loop.  
What does ‘meaningful work’ look like for you with Prosper?

1. **Getting started again**

What process goals can you set for Prosper (the smaller, activity-based goals that will help you work towards the outcome you want)?  
How will you track your progress?

How will you celebrate the small wins?