



5 Questions to Ask Yourself

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Before Your Next Career Move

Before you update your resume, before you start applying, before you reach out to a recruiter ...

Stop! and sit with these five questions.

Not because you need all the answers right now. But because the clarity you gain here will shape every decision you make from this point forward.

There are no right or wrong answers. Just honest ones.

Question 1

What do I actually want, not what I think I should want?

After years of building a career around what was expected, practical, or available, many experienced professionals have lost touch with what genuinely matters to them. The job that looks impressive on paper is not always the one that gets you out of bed with energy.

Reflect on this:

If money and status were not factors, what kind of work would you choose? What does a Monday morning feel like when everything is right? What have you consistently moved toward and what have you consistently avoided?

Notes

Question 2

What am I genuinely bringing that others cannot easily replicate?

Not your job title. Not your years of service. The specific combination of experience, instinct, relationships, and hard-won knowledge that makes you different. Most experienced professionals significantly underestimate this which means they undersell it in every conversation and every application.

Reflect on this:

What do colleagues come to you for that they do not go to anyone else for? What have you built, fixed, or led that required your specific background to achieve? What would your team or organisation notice most if you were gone for a month?

Notes

Question 3

What is the story I am telling about my career and is it working?

Every resume, LinkedIn profile, and interview answer is telling a story. The question is whether it is the right story for where you want to go next. Many experienced professionals are telling a story of the past comprehensive, accurate, and completely focused on what they have done rather than what they can do from here.

Reflect on this:

If a stranger read your resume or LinkedIn profile right now, what would they conclude about where you are headed? Does your current story make the case for your next move, or does it just document your last one?

Notes

Question 4

What is the real reason things have not moved and am I being honest about it?

It is easy to blame the market, the economy, or age discrimination and while those factors are real, they are rarely the whole story. The professionals who make successful moves in a challenging market are almost always the ones who have looked honestly at what is within their control and changed it.

Reflect on this:

If you set aside what you cannot control, what is within your power to do differently? Is it the way you are presenting yourself? The roles you are targeting. The conversations you are not having. The confidence you are not showing up with.

Notes

Question 5

What would I do right now if I genuinely believed things could change?

This is the most important question of all. Because underneath most career stuckness, is not a lack of options it is a quiet loss of belief that things can be different. That belief is the thing worth recovering first. Everything else including the strategy, the resume, the networking follows from it.

Reflect on this:

What is the one move you keep thinking about but not making? What would you do tomorrow if you knew it would work? What are you waiting for and is that thing actually real, or is it fear wearing the mask of a reason?

Notes

If these questions have surfaced something uncomfortable, good!

Discomfort is usually a sign that something important is ready to shift. The professionals who make meaningful career moves are not the ones who had everything figured out before they started. They are the ones who got honest with themselves and then got help building the strategy to match.

Are you ready to act?

Book your free 30-minute Strategy Session with Ronece.

You'll leave with clarity, a clear next step, and a plan that fits your experience.

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