

Force field exercise

Type:

Career planning

[Download \(force-field exercise.docx - 750.88 KB\)](#) ^[1]

This exercise helps you identify the forces for and against a career or role option.

This exercise can be used as part of the decision making section of our [career planning framework](#). ^[2]

Source URL: <https://www.healthcareers.nhs.uk/career-planning/resources/force-field-exercise>

Links

[1] <https://www.healthcareers.nhs.uk/sites/default/files/documents/force-field%20exercise.docx> [2]

<https://www.healthcareers.nhs.uk/career-planning/planning-your-career>