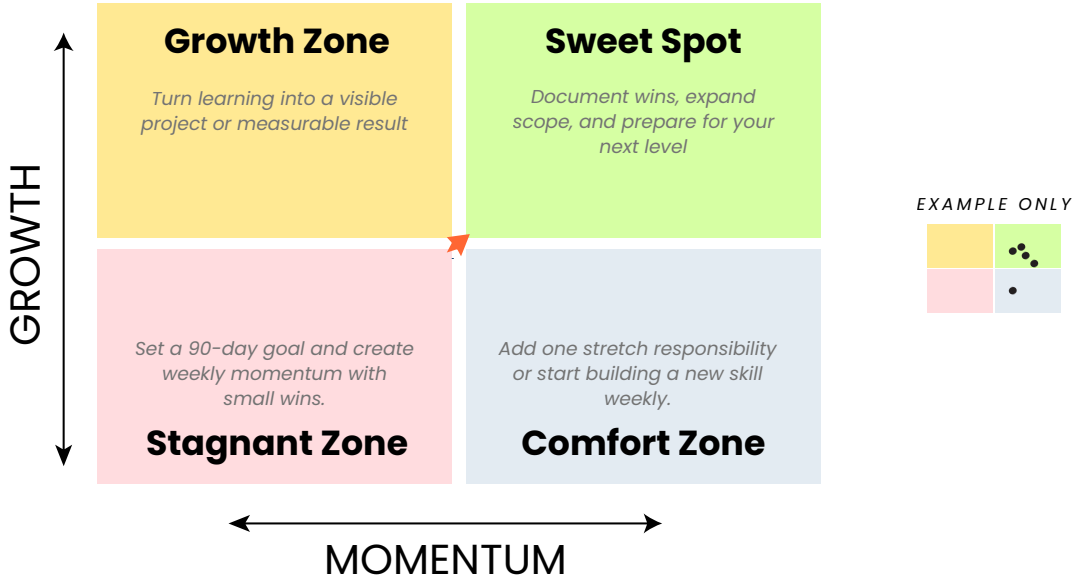
Career Velocity Grid

by Danny Kovacs

A 1-minute check on your career Growth and Momentum

How to use this:

- First, print this page. Next, start at the center of the grid.
- Answer the 5 questions below.
- For each question, choose a Growth direction (Up or Down) and a Momentum direction (Right or Left).
- Combine both and place one dot in the matching quadrant.
- When finished, the quadrant with the most dots is your result.



1. Learning — *Am I learning skills that will matter?*

- Growth: Yes ⬆️ / No ⬇️
- Momentum: Helps now ➡️ / Not yet ⬅️

2. Skill Relevance — *Are my skills future-ready?*

- Growth: Yes ⬆️ / No ⬇️
- Momentum: Valued now ➡️ / Not valued ⬅️

3. Energy — *How do I feel most days?*

- Growth: Energizing ⬆️ / Draining ⬇️
- Momentum: Helps performance ➡️ / Hurts ⬅️

4. Recognition — *Is my work recognized?*

- Growth: Builds opportunity ⬆️ / Limits it ⬇️
- Momentum: Moves me forward ➡️ / Holds me back ⬅️

5. Compensation — *Does pay match contribution?*

- Growth: Expanding ⬆️ / Capping ⬇️
- Momentum: Sustainable ➡️ / Friction ⬅️

Clarity is the first step. *If you want help turning this insight into action, reach out.*