



The Salary Expectation Setting Framework

For career changers, early-mid career employees, consultants, and managers who are ready to negotiate with clarity, confidence, and data — not guesswork.



Why Most Professionals Leave Money on the Table

Salary negotiation is the single highest-leverage skill most working professionals never formally develop. Studies consistently show that professionals who negotiate their starting salary earn, on average, \$5,000–\$10,000 more per year than those who accept the first offer — and that gap compounds dramatically over a career. Yet fewer than 40% of job seekers negotiate at all. The reason is almost never greed or aggression. It's almost always the absence of a clear, structured framework for knowing what to ask, when to ask it, and how to back it up.

This guidebook was designed specifically for time-poor professionals who need to move fast and move smart. Whether you're switching careers, accepting a promotion, stepping into a consulting engagement, or entering a new industry entirely, the challenge is the same: how do you arrive at a number that is grounded, defensible, and appropriately ambitious? How do you communicate it in a way that builds confidence rather than creating awkwardness?

What this resource solves is the **expectation gap** — the painful distance between what you hope to earn, what you think you're worth, and what the market will actually support. Bridging that gap requires research, self-assessment, communication strategy, and a bit of practiced confidence. This guide walks you through all four in a structured, step-by-step format you can use immediately.

 How to use this resource: Read it through once for context, then return to each worksheet section as you approach a negotiation. The framework is modular — dip into any section you need.

The 5-Phase Salary Expectation Framework

This guidebook is organized around five practical phases that mirror the real-world sequence of a salary conversation. Each phase builds on the last, ensuring that by the time you're in the room — or on the call — you have everything you need to lead with authority.



Each phase includes a short explanation, practical guidance, real examples, and a worksheet component. You don't need to complete them all at once — the framework is designed for working professionals who move between tasks. Even completing Phases 1–3 before a negotiation puts you ahead of 80% of candidates.

What you'll walk away with

- A research-backed salary range tailored to your role and market
- A clear value narrative you can articulate in 60 seconds
- Scripts and language for high-stakes moments
- A personal decision rubric for evaluating offers

What this is NOT

- A one-size-fits-all number generator
- A script that sounds robotic or rehearsed
- Theory without application
- Advice that assumes you have leverage you don't have

Research Your Market

Before you name a number, you need to know the numbers. Market research is the foundation of every credible salary expectation. Without it, you're either underselling yourself based on outdated assumptions or overshooting the range so dramatically that you signal a mismatch with the role. Neither outcome serves you. The goal of this phase is to construct a **data-informed salary landscape** for your specific role, level, industry, and geography.

The research phase involves triangulating across at least three independent data sources. No single source is perfectly accurate — salary databases aggregate broadly, and published ranges can lag real-time market conditions by 12–18 months. Using multiple sources and looking for convergence zones gives you a defensible range rather than a fragile single number.

1

Salary Databases

Use at least 2–3 platforms: LinkedIn Salary, Glassdoor, Levels.fyi (tech), Bureau of Labor Statistics, Payscale, or Salary.com. Filter by title, industry, location, and years of experience.

2

Network Intelligence

Reach out to 3–5 peers in similar roles. Ask: "What's the range for this level in your experience?" Informational interviews and alumni networks are gold mines for real-time data.

3

Job Posting Analysis

Many states now require salary ranges in job postings. Search for 10–15 postings matching your target role and note the stated ranges, even if they're wide. This reveals employer benchmarking.

4

Recruiter Conversations

Recruiters hold market data professionally. Even if you're not pursuing their role, a brief call can yield: "What are you seeing for [title] roles in [city]?" Most will answer — it builds their pipeline too.



Geographic Adjustment Tip: If you're applying for a remote role with a company headquartered in San Francisco or New York, research what that company pays locally AND what the national median is for the role. Many companies apply location-based adjustments to remote salaries.

Market Research Worksheet

Complete this worksheet before any salary conversation. Aim to fill in at least 3 rows of salary data and identify a convergence range — the zone where multiple sources agree. This range becomes your negotiation anchor.

Data Source	Role / Title Searched	Location Filter	Salary Range Found	Midpoint
LinkedIn Salary	_____	_____	\$_____ – \$_____	\$_____
Glassdoor	_____	_____	\$_____ – \$_____	\$_____
Payscale / BLS	_____	_____	\$_____ – \$_____	\$_____
Job Postings (avg)	_____	_____	\$_____ – \$_____	\$_____
Network / Recruiter	_____	_____	\$_____ – \$_____	\$_____

My Convergence Zone

Low end of my range: \$_____

High end of my range: \$_____

Market midpoint estimate: \$_____

Reflection Questions

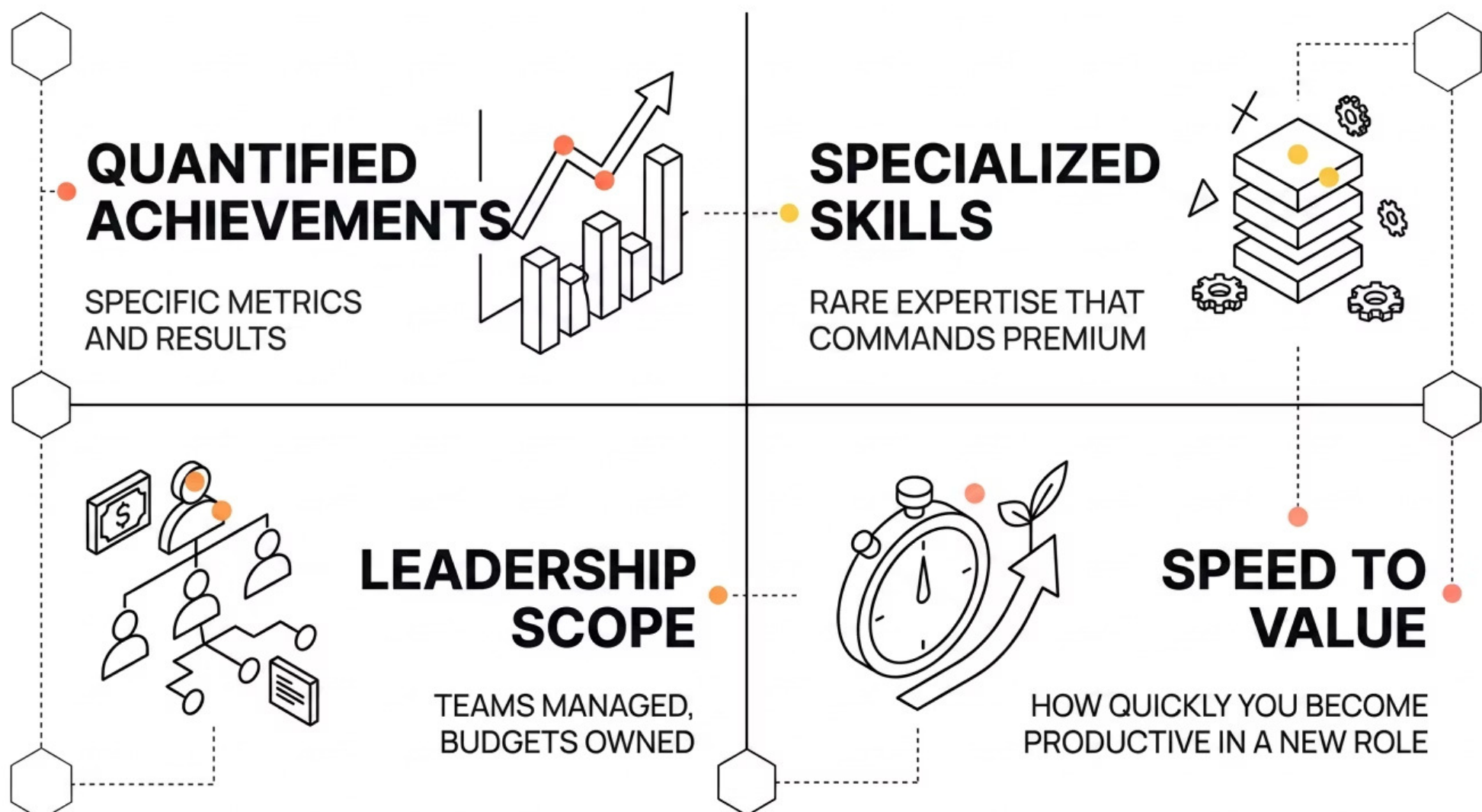
- Does this range surprise you? Why or why not?
- Are there outlier data points you need to investigate?
- Does your current (or most recent) salary fall within this range?

Anchor Your Value

Market data tells you what the *role* is worth. Your next job is to determine what *you specifically* bring to that role — and how that positions you within the range. This is where most professionals stall. They feel uncomfortable "selling themselves," or they default to listing credentials without translating them into organizational value. The shift required here is from credentials to **outcomes**.

Employers don't pay for what you know. They pay for what you do with what you know. A candidate who can say "I increased department efficiency by 23% by redesigning the onboarding workflow" is far more compelling — and compensable — than one who says "I have 7 years of experience and a master's degree." Your value anchor is built from a catalog of specific, measurable contributions that you've made and can make again.

This phase is also where you identify the **adjustment factors** that move you up or down within the market range. These include your years of directly relevant experience, industry-specific expertise, specialized certifications, leadership scope, and the velocity with which you can create value in a new role. Each factor is an argument for where you land in the range.



Your Value Inventory Worksheet

Use this worksheet to build a personal value catalog. These are the raw materials for your negotiation narrative. Aim for 3–5 strong entries in each category. Be specific — vague claims don't anchor value. "Improved team performance" is forgettable. "Reduced customer response time from 48 hours to 6 hours, increasing CSAT scores by 18 points" is not.

Quantified Achievements

List 3–5 accomplishments with specific numbers. Format: **[Action] + [Metric] + [Result]**

- Example: "Renegotiated vendor contracts → saved \$340K annually"
- 1.

- 2.

- 3.

Specialized Skills & Expertise

What do you know that most candidates don't? Rare certifications, niche domain knowledge, tools, methodologies.

- Example: "Certified in AWS Solutions Architect + 4 years cloud migration lead"
- 1.

- 2.

- 3.

Leadership & Scope

Teams managed, budgets owned, cross-functional projects led, organizational reach.

- Example: "Led 12-person team across 3 time zones, \$2M operating budget"
- 1.

- 2.

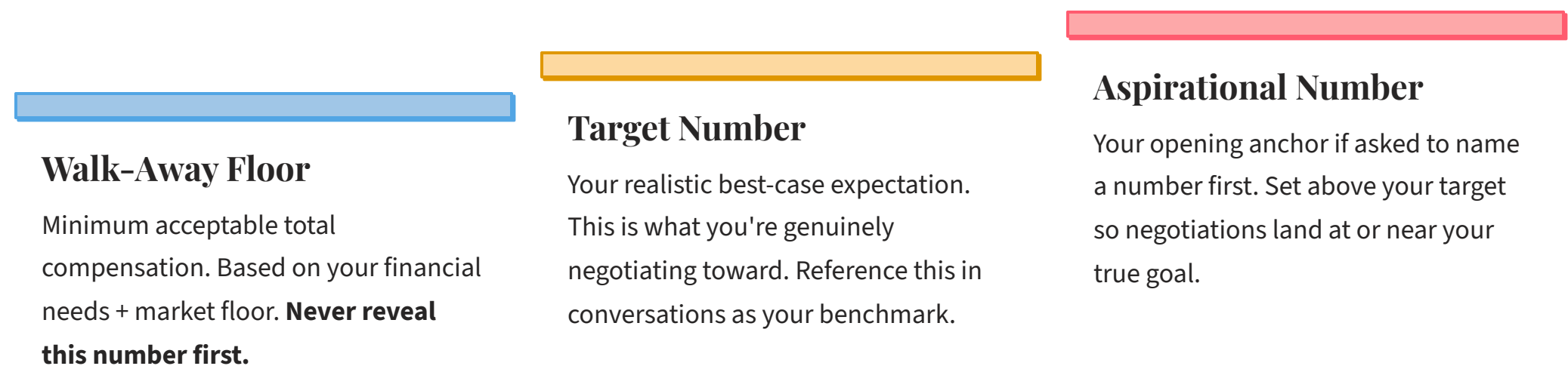
- 3.

Your value narrative should take 60 seconds to deliver, reference 2–3 specific achievements, and end with a clear statement of what you bring to *this* role specifically — not just your career in general.

Build Your Salary Range

With market research in hand and your value anchor defined, you're now ready to construct your personal salary range — the three-number system that will guide every compensation conversation you have. Many professionals make the mistake of picking a single target number and defending it rigidly. This creates brittleness. The moment an employer pushes back, the professional either caves or digs in unproductively. A well-structured range gives you flexibility, anchors the conversation in your favor, and communicates sophistication.

Your range consists of three distinct numbers, each serving a different strategic purpose. The **Aspirational Number** is your ideal outcome — the number you'd enthusiastically accept tomorrow if offered. It should be at or slightly above the top of the market range you've researched, adjusted upward by your value premium. The **Target Number** is your realistic best case — what you expect after a reasonable negotiation. It sits comfortably within the upper-mid portion of the market range. The **Walk-Away Number** is your floor — the lowest compensation package you'd accept without compromising your financial needs or professional self-respect.



- 
The Anchoring Principle: Research in behavioral economics consistently shows that the first number stated in a negotiation creates a gravitational pull on the outcome. When you state your aspirational number as an opening anchor, subsequent offers tend to be higher than if you'd stated your target first. This is why range structure matters.

Build Your Personal Salary Range

Use this worksheet to calculate your three numbers and document the rationale behind each. Having written rationale matters — it reinforces your confidence and gives you language to use in the conversation. A number without a story is just a guess. A number with documented rationale is a position.

Number	Amount	How I Arrived at It	When I Use It
Aspirational	\$_____	Top of market range + value premium of ____%	When asked to name a number first; as an opening anchor
Target	\$_____	Market midpoint + experience adjustment of ____%	As my negotiation goal; what I reference as "my expectation"
Walk-Away Floor	\$_____	Monthly expenses $\times$ 12 + ____% buffer	Internal use only — never reveal in negotiation

Total Compensation Checklist

Remember: base salary is only one component. Factor these in when calculating your walk-away floor and target:

- Annual bonus (target % and structure)
- Equity / stock options (vesting schedule)
- Health benefits (employer contribution %)
- Retirement match (401k %)
- PTO and flexibility value
- Professional development budget
- Remote work / commute cost offset

Negotiation Lever Ranking

If base salary is fixed, which levers matter most to you? Rank them 1–5:

- ____ Signing bonus
- ____ Annual bonus target
- ____ Equity acceleration
- ____ Extra PTO days
- ____ Remote flexibility
- ____ Title / promotion timeline
- ____ Learning & development budget

Communicate With Confidence

You have done the research. You have built your value narrative. You have your three-number range. Now comes the moment most professionals dread — the actual conversation. Communication is where frameworks either hold or fall apart. The good news is that salary conversations follow predictable patterns, and you can prepare for the most common moments with specific, practiced language that sounds natural rather than rehearsed.

The most important principle in salary communication is this: **specificity signals confidence, vagueness signals uncertainty**. When you say "I'm flexible" or "I'm open to your range," you're signaling that you haven't done your homework — or worse, that you don't know what you're worth. When you say "Based on my research into market rates for this role in this market, and given my track record in [X], I'm targeting a base salary in the range of \$X to \$Y," you signal preparation, market awareness, and self-assurance.

There are four common moments that trip professionals up in salary conversations. Each has a recommended response pattern that is direct, confident, and non-combative. Prepare these responses in advance — say them out loud at least twice before your conversation. The goal is not to sound scripted; it's to build enough familiarity that the words come easily under pressure.

? "What are your salary expectations?"

Strategy: State your aspirational number first, then immediately provide the rationale. Never give a range unless pressed.

Script: "Based on my research into the market for this role in [city/remote] and given my [X years / specific expertise], I'm targeting a base in the range of \$X-\$Y. I'm also happy to discuss the full comp picture."

💬 "That's above our budget. Can you do \$X?"

Strategy: Don't immediately accept or reject. Acknowledge, ask questions, then respond with a counter that moves toward your target — not your floor.

Script: "I appreciate you sharing that. Can you tell me more about the flexibility within the band? I'd like to understand the full package before responding, because I want to make sure we find something that works for both of us."

🔄 "What are you currently making?"

Strategy: In many states this is illegal to ask. Whether legal or not, you can redirect: anchor to the role's market value, not your history.

Script: "I'd prefer to focus on what the role warrants based on market data and the scope of the position. Based on my research, the range for this role is \$X-\$Y, and I'm targeting the upper portion of that."

⌚ "We need to know your number right now."

Strategy: Pressure for an immediate answer is a negotiation tactic. You can respond confidently without capitulating or stalling inappropriately.

Script: "Absolutely — I'm targeting \$[Aspirational Number] as a base. That reflects both the market rate for this role and the value I bring given my background in [key area]. Happy to walk through my thinking."

Script Preparation Worksheet

Write your personal responses to each of the four key moments below. Use the script templates as a starting point, but make the language your own. Read each response aloud before your conversation — the goal is fluency, not memorization. If a response feels awkward to say, revise it until it feels natural in your voice.

Moment 1: "What are your salary expectations?"

My response:

Moment 2: "That's above our budget."

My response:

Moment 3: "What are you currently making?"

My response:

Moment 4: Pressure for an immediate number

My response:

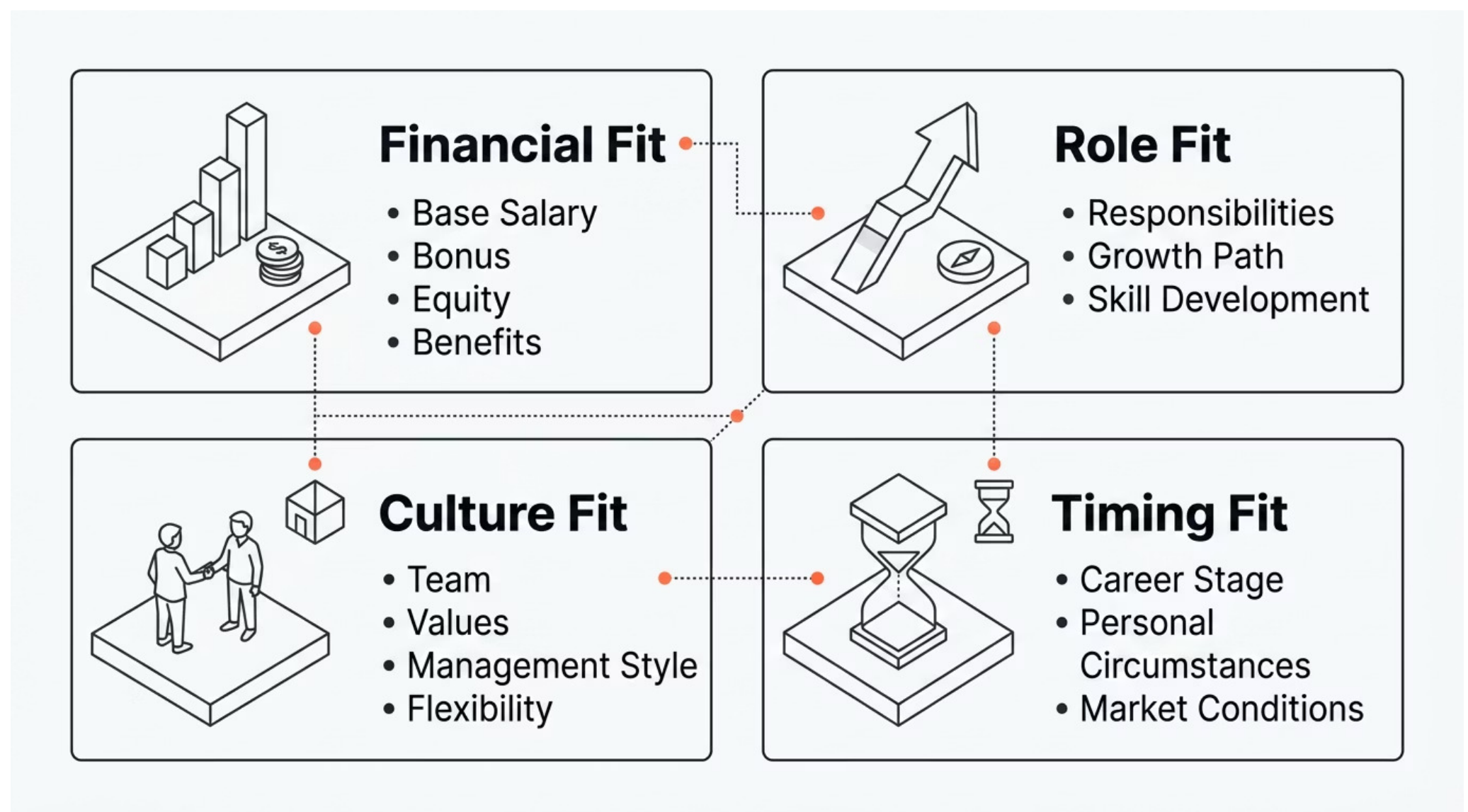
✔ **✓ Confidence Check:** Before your conversation, rate your confidence from 1–10 for each moment above. If any score is below 7, practice that specific response three more times — out loud, standing up if possible. Posture affects delivery more than most people realize.

Evaluate and Decide

Receiving an offer is not the end of the negotiation process — it's the beginning of the decision phase. Too many professionals either accept offers without evaluation or reject them emotionally without a clear framework. Both are costly mistakes. The evaluation phase is where you move from negotiation mode into decision mode, applying a structured rubric to assess whether the offer genuinely serves your professional and personal goals.

A salary offer should always be evaluated across four dimensions simultaneously: **Financial Fit** (does the total compensation package meet your needs and value expectations?), **Role Fit** (is this the right opportunity for your growth trajectory?), **Culture Fit** (will you thrive in this environment?), and **Timing Fit** (is this the right move at this point in your career?). An offer that scores high on compensation but low on all other dimensions is not a good offer — it's a lateral move dressed up in attractive packaging.

The decision phase also includes one more critical step: the counter. Most first offers have room in them. Research consistently shows that 84% of employers expect candidates to negotiate, and 73% have flexibility beyond their initial offer. If your offer lands below your target number — or if any non-salary component falls short — you have both the right and the reasonable expectation to make a counter. Silence after an offer is often interpreted as acceptance. A calm, confident counter is interpreted as professionalism.



Offer Evaluation Scorecard

Use this scorecard when you receive an offer. Score each dimension from 1–5 (1 = unacceptable, 5 = excellent). Add notes explaining your scores. A total score below 12 warrants serious reconsideration or a counter. A total above 16 is a strong signal to accept — provided your walk-away floor is met.

Dimension	Score (1–5)	Notes / Rationale	Key Question
Financial Fit	___	_____	Does total comp meet my target + floor?
Role Fit	___	_____	Will this accelerate my career goals?
Culture Fit	___	_____	Can I do my best work in this environment?
Timing Fit	___	_____	Is this the right move right now?
TOTAL SCORE	___ / 20	_____	Accept / Counter / Decline?

If the score is below 12...

- Identify which dimension(s) are dragging the score down
- Determine if those dimensions are negotiable
- If financial fit is the issue, prepare your counter offer
- If role/culture/timing are the issue, ask yourself honestly whether compensation alone fixes it

Counter Offer Formula

If countering on salary: state your target number (not your aspirational) with one clear rationale. Keep it brief. Keep it warm.

Script: "Thank you — I'm genuinely excited about this role. Based on my research and the scope of what we've discussed, I was hoping we could get to \$[Target]. Is there flexibility there?"

Case Study: From Uncertainty to \$18K More

Meet **Jordan** — a 6-year marketing manager at a mid-size e-commerce company, considering a move into a senior marketing lead role at a Series B tech startup. Jordan had never formally negotiated salary before, had no idea what the role paid, and had a vague sense that "around \$90K would be fine." Here's how Jordan applied the framework — and what happened.

Phase 1: Market Research

Jordan found that LinkedIn Salary showed \$95K–\$118K for Senior Marketing Lead roles in Austin. Glassdoor showed \$92K–\$115K. Three job postings listed \$100K–\$120K. A recruiter call confirmed "strong candidates are seeing \$105K–\$115K right now." **Convergence zone: \$100K–\$115K.**

1

2

Phase 2: Value Anchoring

Jordan documented: a campaign that drove \$2.1M in attributable revenue, building and managing a 4-person content team, and a rare specialty in product-led growth marketing. These achievements pushed Jordan toward the upper end of the market range — or just above it.

3

Phase 3: Range Construction

Aspirational: \$122K. Target: \$112K. Walk-Away Floor: \$97K (accounting for startup equity and flexible remote arrangement). Jordan wrote these down and rehearsed the rationale for each.

4

Phase 4: The Conversation

When asked for expectations, Jordan said: "Based on market data for this role in Austin and my background in product-led growth, I'm targeting a base in the \$118K–\$122K range." The employer came back with \$108K. Jordan countered at \$115K, citing the PLG specialization specifically. They settled at \$112K — Jordan's exact target.

5

The Outcome

Jordan accepted at \$112K base — **\$18K more than the original "around \$90K would be fine" starting point.** The framework didn't change Jordan's worth. It helped Jordan articulate it. The startup also offered a \$10K signing bonus to close the gap. Total first-year comp: \$122K.

10 Salary Negotiation Mistakes (and How to Fix Them)

Even well-prepared professionals make avoidable mistakes in salary negotiations. These aren't character flaws — they're natural responses to high-stakes, emotionally loaded conversations. The fixes are specific and learnable. Review this list before every negotiation and use it as a pre-flight checklist.

1 Accepting the First Offer Immediately

Fix: Say "Thank you — I'm excited. Can I have 24–48 hours to review the full package before responding?" This is universally expected and never costs you an offer.

2 Anchoring Too Low Out of Fear

Fix: State your aspirational number with rationale. Worst case, they say no and negotiate down — but you never end up higher than where you start.

3 Negotiating Without Knowing Your Walk-Away

Fix: Complete Phase 3 of this framework before any conversation. Know your floor before you enter the room.

4 Sharing Your Current Salary When It Hurts You

Fix: Redirect to market data. "I'd prefer to focus on what this role warrants based on scope and market benchmarks."

5 Treating Negotiation as Confrontation

Fix: Reframe it as problem-solving. Your goal is alignment, not combat. Use language like "I want to find something that works for both of us."

1 Negotiating Only Base Salary

Fix: If base is fixed, negotiate signing bonus, equity, PTO, title, or development budget. Total comp is the target, not just the base line.

2 Using Apology Language

Fix: Remove phrases like "I hope this isn't too much to ask" or "I know this might be high." Confidence is contagious — and so is apology.

3 Making It Personal ("I need more because...")

Fix: Anchor every argument to market data and professional value — not personal financial needs. Employers pay for value delivered, not bills owed.

4 Giving a Range When You Meant a Number

Fix: If you say "\$90K–\$100K," employers hear "\$90K." Only use a range strategically. When precision is needed, give a specific number.

5 Failing to Follow Up in Writing

Fix: After every verbal offer or negotiated agreement, send a brief email summarizing what was discussed. This protects you and demonstrates professionalism.

Your 30-Point Pre-Negotiation Checklist

Run through this checklist in the 48 hours before any salary conversation — whether it's an initial screening, a formal offer call, or a promotion discussion with your current manager. A checked box is a confidence booster. An unchecked box is an action item.

Research & Preparation

- ☐ Pulled salary data from at least 3 sources
- ☐ Identified my convergence zone (market range)
- ☐ Adjusted for geography and remote vs. on-site
- ☐ Researched the specific company's compensation approach
- ☐ Confirmed whether my state has salary history ban laws
- ☐ Reviewed the full job description for scope signals
- ☐ Researched the company's funding stage / financial health

Value Narrative

- ☐ Built my value inventory (Phase 2 worksheet complete)
- ☐ Identified 3 specific, quantified achievements
- ☐ Practiced my 60-second value narrative out loud
- ☐ Identified my 2–3 strongest differentiators for this role
- ☐ Connected my value to this company's specific challenges

Range & Numbers

- ☐ Calculated my aspirational number with rationale
- ☐ Calculated my target number with rationale
- ☐ Calculated my walk-away floor
- ☐ Ranked my non-salary compensation priorities
- ☐ Considered equity value and vesting schedule (if applicable)

Communication Preparation

- ☐ Written out my response to "What are your expectations?"
- ☐ Written out my response to "That's above our budget"
- ☐ Written out my response to "What are you currently making?"
- ☐ Practiced all four script moments out loud
- ☐ Removed apology language from my scripts
- ☐ Prepared 2–3 questions to ask about the comp structure

Decision Framework

- ☐ Downloaded / printed the Offer Evaluation Scorecard
- ☐ Set a decision deadline for myself (48–72 hours from offer)
- ☐ Identified who I'll consult if I need a second opinion
- ☐ Decided what my counter-offer will be if initial offer is low

Mindset Check

- ☐ Reminded myself: 84% of employers expect negotiation
- ☐ Confirmed I'm negotiating for value, not out of entitlement
- ☐ Done a physical confidence practice (posture, breathing) before the call
- ☐ Reviewed the Jordan case study to anchor my confidence

Adapting the Framework to Your Situation

The five-phase framework works universally, but each professional situation has nuances that affect how you apply it. Below are four common scenarios that require specific adaptations. If your situation appears here, read the relevant guidance carefully before completing your worksheets — it may change how you weight certain phases or structure certain conversations.

Career Changers

Your biggest challenge is the "experience gap narrative" — employers may anchor on your years in a different field rather than your transferable skills. Counter this by leading with value translation: "In [previous field], I solved [problem type] which is analogous to [relevant challenge] in this role." Research extensively for your target role's market rate, not your previous field's. Your walk-away floor may need to adjust if you're entering a new industry at a lower experience band.

Internal Promotions

Negotiating a promotion with your current employer is structurally different: you have more information (about their budget, their perception of you, and internal pay bands) but potentially less leverage (you're not bringing a competing offer). Research the market rate for the target title, not your current one. Document your contributions from the past year specifically. The most effective framing: "Based on the scope of this new role and market data, here's what I believe the target compensation should be."

Consultants & Contractors

Your negotiation currency is rate (hourly or project-based), not salary. The framework still applies, but Phase 3 construction changes: your floor is your cost of doing business (overhead, self-employment tax, benefits you fund yourself) plus your target profit margin. Research market rates for your specific consulting niche — generalist rates and specialist rates can differ by 40–80%. Also negotiate scope clarity, not just rate: ambiguous scope erodes your effective rate faster than a low starting number.

Senior Managers & Directors

At this level, total comp complexity increases significantly: equity, LTI, bonus structure, deferred compensation, and executive benefits become major variables. Never negotiate base salary in isolation. Request a full total compensation summary before responding to any offer. Consider engaging a compensation consultant for roles above \$200K — the ROI on professional guidance is typically 10:1 or better. Your value narrative should be heavily weighted toward organizational impact and strategic contribution, not individual execution.

Negotiation Readiness Self-Assessment

Rate yourself honestly on each dimension below. This self-assessment is not about judgment — it's about directing your preparation time where it's needed most. A score of 4 or 5 means you're ready. A score of 1 or 2 means that dimension deserves focused attention before your next conversation. Complete this assessment before beginning the framework, then again after completing all worksheets to measure your progress.



Market Knowledge

How well do I understand current salary ranges for my target role in my target market?



Value Articulation

How confidently can I describe my professional value in specific, quantified terms?



Range Clarity

How clearly have I defined my aspirational, target, and walk-away numbers?



Communication Confidence

How prepared am I to respond to the four key negotiation moments without hesitation?



Decision Framework

How ready am I to evaluate an offer across multiple dimensions — not just base salary?

 **Note:** The scores above are sample defaults representing a "typical" starting point for most professionals. Replace them with your own honest ratings before your first use of this guide. The framework is designed to move each score from wherever you start to 4 or 5.

The One-Page Salary Framework Reference

Clip this section. Screenshot it. Keep it open in a tab during prep. This is your entire framework distilled to its most essential, actionable form — the version you reference when you have 20 minutes before a call and need to sharpen your thinking fast.

01 · Research 3+ salary sources. Find your convergence zone. Adjust for location, level, industry.	02 · Anchor Value 3 quantified wins. 2 rare skills. Leadership scope. Speed to value. Write it down.	03 · Build Range Aspirational → Target → Floor. Total comp, not just base. Rank your levers.
04 · Communicate State your number first. Use rationale, not apology. Prepare your 4 scripts.	05 · Evaluate Score across 4 dimensions. Counter if needed. Get agreements in writing.	

🚫 Never Do This

- Accept instantly
- Anchor too low
- Apologize for asking
- Give your floor first
- Negotiate only base
- Make it personal

✅ Always Do This

- Ask for 24–48 hrs
- State rationale
- Lead with value
- Research first
- Follow up in writing
- Counter at least once

💬 Power Phrases

- "Based on market data..."
- "Given my track record..."
- "I'd like to understand the full package..."
- "I'm targeting..."
- "Is there flexibility there?"
- "I want this to work for both of us."

Key Takeaways & Your Action Plan

You now have a complete system for approaching every salary conversation with clarity, confidence, and data. The framework is not a magic script — it's a structured thinking process that turns a high-stakes emotional moment into a prepared, professional exchange. The professionals who negotiate best are not the most aggressive ones. They're the most prepared ones. And now, you are one of them.

→ **Market research is the foundation of everything**

Without data, you're guessing. With data from 3+ converging sources, you have a position — and positions can be defended, refined, and negotiated. Never enter a salary conversation without knowing your convergence zone.

→ **Value articulation converts credentials into compensation**

Employers don't pay for resumes. They pay for outcomes. Your quantified achievements, specialized expertise, and leadership scope are the arguments that justify where you land in — or above — the market range.

→ **The three-number range gives you strategic flexibility**

Aspirational anchors high. Target defines success. Floor protects your minimum. Know all three before any conversation begins — and never reveal your floor unless the deal depends on it.

→ **Specificity and rationale signal confidence**

The moment you attach a "because" to your number, you shift from asking to explaining. Prepared professionals don't beg for numbers — they justify them. Practice your language until the rationale flows naturally.

→ **Evaluation is multi-dimensional — salary is one input**

A great compensation package is financial fit + role fit + culture fit + timing fit. Use the scorecard. Don't let a high salary number distract you from a low-growth environment or a misaligned role.

→ **Almost every offer has room — counter at least once**

84% of employers expect negotiation. Silence after an offer is often interpreted as acceptance. A calm, respectful counter is not a demand — it's a professional expectation that most hiring managers fully anticipate.

→ **This framework works every time you need it**

Return to this guide for promotions, contract renewals, career pivots, and any new role. The phases are stable even as the numbers change. Build the habit of going through all five phases before every compensation conversation, every time.

✅  **Your Next Action:** Complete the Market Research Worksheet (Phase 1) within the next 48 hours — even if you're not actively interviewing right now. Knowing your market value is information that should always be current. The best time to know your worth is before you need to prove it.

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