

Career Journey Mapping

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Exercise One: Exploring Your Past

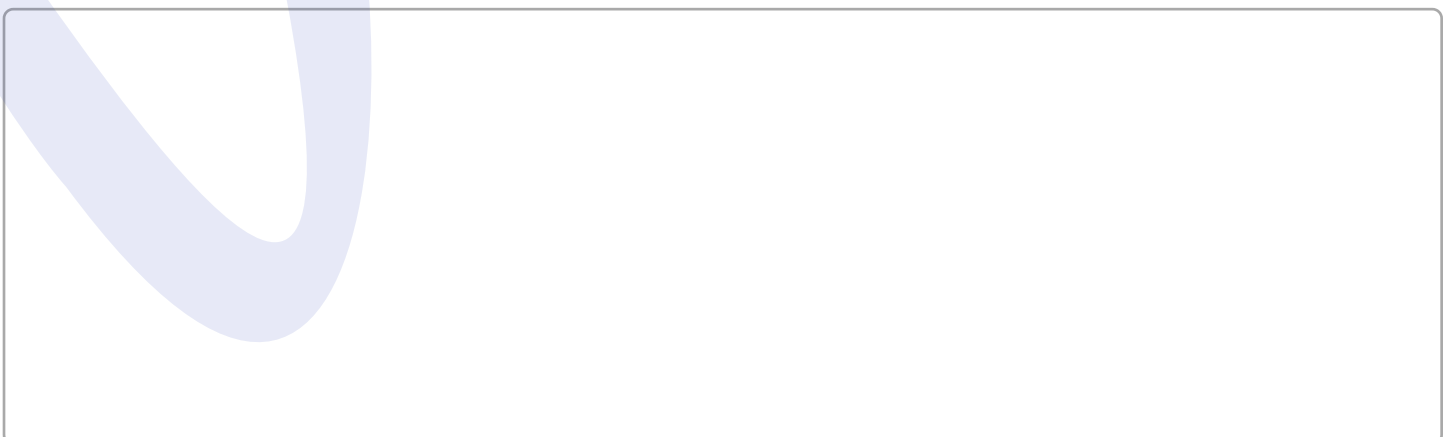
Identify the most profound experiences of your past that shaped your current role and interests.



Map out how and where you cultivated the skills and talents along your journey.



What patterns and themes do you notice across that timeline?



Exercise Two: Acknowledging What's Present

List the activities you do daily:

List the activities you do daily at work

What skills do you use often?

Exercise Three: Envisioning Your Future

Write a list of clear goals for your career one year from now.

How and where will you work? What kind of people do you want as your future colleagues? Include any learning and financial goals.



