

Worksheet:

Mapping your career



This worksheet is designed to guide you in mapping your career journey and reflecting on key experiences ahead of your next Module. Use the prompts below to explore your path and uncover valuable insights to bring on the day. (*There is also a Career Mapping Case Study example available on your Portal if helpful too.)

Mapping Your Career Milestones (Past & Present)

Start by identifying the key roles, achievements, significant events, and experiences that have shaped your career. Think broadly - include formal roles, informal opportunities, challenges, and pivotal learning moments that have contributed to your growth.

Year	Role / experience	Key skills gained	Lessons learned

Plot Your Career Journey

Use the career map below to chart your career journey with 'success' on the vertical axis and time on the horizontal axis.

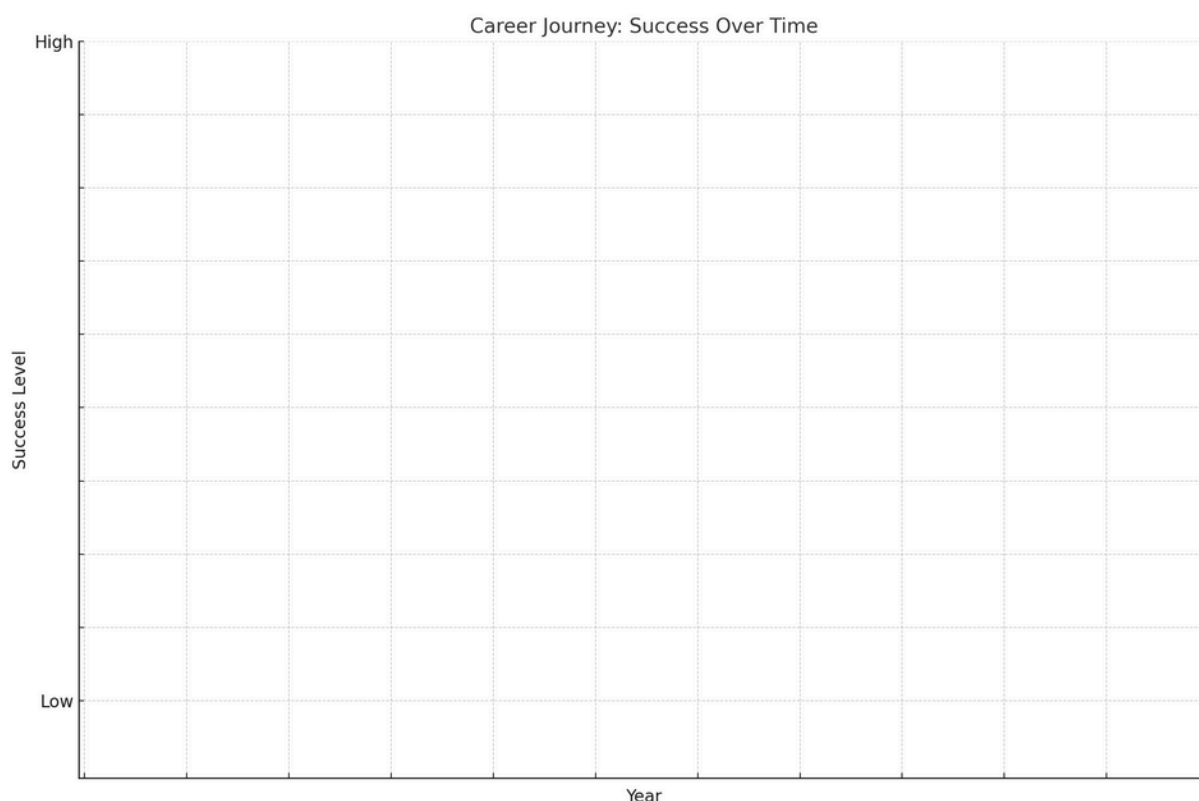
Success – Define what success means to you. It could be promotions, pay rises, awards, happiness, purpose, or personal satisfaction. Plot events high or low based on how successful you felt at that time according to your own definition. (This often links to your values.)

Time – Start from your first job and map your journey up to today. Mark key milestones along the way to capture your progression over time.

Key Moments – Identify and plot the significant moments that have shaped your journey. These might include:

- Positive milestones such as promotions, new roles, finding a great boss, or landing a dream job.
- Challenges, setbacks, or wrong turns, such as missed opportunities, difficult transitions, or external impacts.

There's no set number of moments to include - focus on what felt significant to you. If some events are connected, feel free to cluster them together to represent a broader theme or period. Most people identify between four to ten key moments, but this is your story - map it in a way that works for you.



Reflect on Your Journey

Once you've plotted your key moments, take a moment to reflect and consider:

- Are there any other moments worth adding? For example, a time when your definition of success shifted, or something you've just remembered?
- What has been happening in your life outside of work? Our work and personal lives are deeply interconnected, often influencing each other in significant ways. You may want to include anything important from outside work that has shaped your journey.

Take some time to pause and note down any thoughts, patterns, or insights that stand out to you from this exercise. What themes emerge? What does your career journey reveal about you and your growth so far?