

Your Personal Career Map Guide

The job title, responsibilities, and salary I desire:

One year from now: _____

Two to three years from now: _____

Five years from now: _____

I want to do the job to which I aspire because (*list three reasons*):

1. _____
2. _____
3. _____

I currently lack the following skills to do the job to which I aspire (you may refer to page 3):

Strategies I will use to gain those skills are:

1. _____
2. _____
3. _____

If this position doesn't materialize, what is my back-up plan?

Concrete steps I can take to get to my next positions are:

What is my history at this institution (especially during the past three years)? What do others say about my contributions here?

I would characterize the current state of my professional self-esteem as:

Professional limitations – If so, what, how much, and why:

Geographic location: _____

Family responsibilities: _____

I desire from my work and workplace the following (*describe*):

Culture: _____

Work styles: _____

Teamwork – or independence: _____

Reward system: _____

I describe my current professional "package/image" as:

The following people are currently in my active network for future positions (*list six*):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Specific help I can receive from these individuals includes: _____

Ways in which I can use them if I desire to stay where I am: _____

Ways in which I can use them if I desire to advance elsewhere: _____

I think the following will be the most important issues for me during the next five years:

I plan to deal with these issues by:

Alternative career/life scenarios for me are:

I would characterize the current state of my personal self-esteem as:

My state of health is *(this may include fatigue or burnout factors)*:

My self-care plan for the following is *(six-month projection)*:

Sleep:

Nutrition:

Exercise/Recreation:

Family support:

Support networks outside my family:

Time for reflection/Journal keeping:

Vacation:

Time management:

Reading:

Other:

Summary comments/observations evoked by these questions are:

Values, Stories, and Question Chart

Please fill in the following chart. In the values section, you will write down those things that you are most passionate about in your life. In the stories column, you will share how you live out your values and philosophies. The questions column will allow you to write questions that you would ask a future employer to determine whether the institution holds the same values as you do.

Values	Stories	Questions