

Career Timeline Exercise

Highs

Career Start

2015

Future

Lows

On the Timeline above: Plot the highs and lows of your professional journey, including each position you have held. Think about the skills, experiences and challenges that accompanied each role.

- Looking over your career line, use the following prompts to explore:
 - In which roles did you feel most congruent?
 - When were you most inspired?
 - What do you see as your greatest strengths? When were your skills best utilized?
 - What do you see as your greatest limitations? When were you most challenged?
 - Where did you have the greatest impact?
 - When did you learn the most?
 - How did each position fit (or not fit) into your larger developmental plan.

As you go along, make notes in the “Future” section about what you might want to include in your work going forward, whether or not it is in your job now.