

### THE PROFILE OF MY NEW CAREER PATH

(For more complete information on career satisfaction and career change refer to the "Exploring Career Change" topic in the Virtual Career Center)

Use this worksheet to put words and symbols to your dreams and thoughts – begin to make them happen.

<b>THE OPTION</b>	
<b>RATIONALE:</b> (Why is this a good idea? For instance: work satisfaction; fits with other life roles; a step along the long-range plan; smooth transition; worth the effort; something I've always wanted to do)	Include measurement against must-have and important-to-have factors and how the option meets your work values, too.
<b>THE SKETCH:</b> (Describe fully 'how it will be' in words, pictures – draw, find photos, pictures in magazines)	
<b>THE PATH:</b> (Describe the first position in the path, the next, and the role you would ultimately like to have as you progress in this work)	
<b>POSITIVES IN PLACE:</b> (Current qualifications, resources, support)	Put notes of your career story here, to date, including experiences outside of work that are valuable to your exploration and new goals: achievements, strengths, what you most enjoy doing, themes of contributions in your work.
<b>POSSIBLE CHALLENGES / OBSTACLES:</b> (Needs preparation, will take time, lack of support, fear – define it)	
<b>RESOURCES FOR ANSWERS TO THE CHALLENGES:</b> (Reading, research, people to talk to)	
<b>TIME FRAME:</b> (How long will it take? When will you start the action – sooner rather than later.)	
<b>THE PLAN:</b> (Timeline, tasks, measurements of progress – it's a process.)	
<i>Begin the plan --</i> <b>WHAT IS THE FIRST ACTION STEP YOU WILL TAKE...AND THE ONE AFTER THAT...AND THE ONE AFTER THAT?</b> (Yes, begin – even if it's cautiously)	1. 2. 3.
<b>HOW LIKELY IS IT THAT I CAN ACHIEVE THIS GOAL?</b>	
<b>IF NOT NOW – WHEN?!</b>	