

Career Timeline and Analysis Worksheet

List Major Career Accomplishments in Order	Defining Aspects of Each Career Step
Job #1	Key Strengths Utilized Personal Attributes Leveraged Challenges Overcome Impact and Contributions Values Revealed Insights Gained
Job #2	Key Strengths Utilized Personal Attributes Leveraged Challenges Overcome Impact and Contributions Values Revealed Insights Gained
Job #3	Key Strengths Utilized Personal Attributes Leveraged Challenges Overcome Impact and Contributions Values Revealed Insights Gained
Etc. until you address all key career engagements	Key Strengths Utilized Personal Attributes Leveraged Challenges Overcome Impact and Contributions Values Revealed Insights Gained

Having completed this exercise, it's time again to pause and reflect on what attributes of work to take forward with you and which to avoid.

Pause and Reflect.

- **What emotions did you experience while thinking about past jobs?**
- **What situations do you need to avoid in future work engagements?**
- **What values were consistent in your job flow?**
- **How are you feeling about who you have become professionally?**
- **What do you want to build on?**
- **What concerns arise from this exercise?**
- **What excites you as you look over your responses?**
- **How might these insights be used to shape future job-related goals?**

