

Career Journey Planner

ACTION STEPS

DATE:

Vision Board

CAREER

FINANCES

RELATIONSHIP

FAMILY

PERSONAL GROWTH

HEALTH

LEISURE

KNOWLEDGE

DATE:

Goal Setting

What do you want to
achieve financially?

How do you improve
your physical health?

How do you improve
your mental health?

How do you improve
your emotions?

What do you want to
be remembered for?

DATE :

Limiting Beliefs

Try to identify other beliefs that are holding you back and how you can reframe them to be more productive.

LIMITING BELIEF

TRANSFORMING ALTERNATIVE

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Action Plan

Transformation requires action! Goals should be actionable and measurable! A measure can be a feeling, a moment, a breakthrough. Further, your time frame should include a short, mid, and long range. Finally, remember this is for you! Give yourself grace along the way.

Goals:

Action Steps:

Time Frame:

Milestones:

Resources:

Desired Outcome:

My People/Network Map

A people network is a critical element to achieving your goals. Community, mentors, sponsors, and allies are the enablers to growth and achievement.

This section is all about understanding whom you have and need to help you achieve your journey plan! Your network is more extensive than you realize it is. Think about friends, former or current colleagues, leaders, clergy, or coaches. Use tools like LinkedIn, contacts, or maybe even Facebook.

Use the boxes on the next page to break down your network. Before you go, below are a few helpful tips:

- Start by listing out the people in your network you consider mentors now. This is someone whom you meet with to discuss your current goals and ambitions.
- Next, think about the people you need to know, then the people you already know that can help you connect with others in their network.
- Finally, consider the people you mentor, how your connection with them brings value to your network, and what you give back to them as you grow in your journey.

Happy Mapping!

DATE:

My People/Network Map

Use the below boxes to list your current mentors that are in your network, or you need in your network.

MY CURRENT MENTORS

PEOPLE I NEED TO KNOW

WHO CAN CONNECT ME TO
PEOPLE?

PEOPLE I MENTOR

Network Map Actions

ACTION STEPS:

EMAIL THESE PEOPLE:

MY GIVE TO THEM, AND MY ASK OF THEM

CALL THESE PEOPLE:

MY GIVE TO THEM, AND MY ASK OF THEM

MEET WITH THESE PEOPLE:

MY GIVE TO THEM, AND MY ASK OF THEM

TAKEAWAYS FROM MY OUTREACH