

# PHASES OF MY CAREER JOURNEY

Make yourself a nurturing beverage. Light a favorite candle or spray an essential oil that feels uplifting. Find your notebook you are dedicating to upgrading your interview and settle into a place you where you will not be disturbed.

Enjoy this journey down your career memory lane. Take it one chapter at a time, giving yourself a relaxing break before moving on to the questions of the next phase. Answer as much as you can with words in your notebook, but of course doodling, charts, and other creativity is welcome.

There are likely ups, downs and zig zags you will recall. Once you have it all on paper, you can then see more objectively themes, patterns, or other insight. It is with some of this information that the stories you share in interviews will get an upgrade in authenticity, personality, and meaningful responses. You might also discover interests, strengths, or milestones that you put aside that are calling you to revisit.

You can skip over questions of the timeline that you have not experienced yet. Please be sure to answer the questions labeled "Next Phase", as it designed to help you start writing the story of your future at work.

## CHILDHOOD



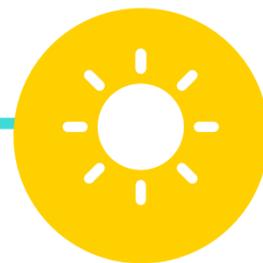
What held your attention? Where could you be most found and what were you doing? What do you remember playing with, creating, or building? Who did you enjoy helping?

## TEEN YEARS



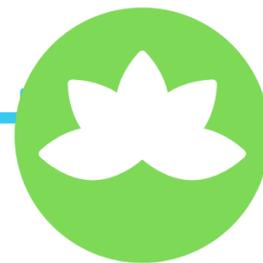
What got you excited? What got under your skin and irritated you? Who did you look up to and why? Did you make yourself stand out with different clothes, hairstyles, or in other ways or did you prefer to blend in?

## COLLEGE+



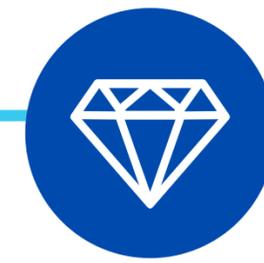
Was it easy or challenging to make friends and get involved? Was there a cause you felt passionate about? Which professors impressed you most and why? What subjects did you devour and what ones did you dislike?

## EARLY ADULT



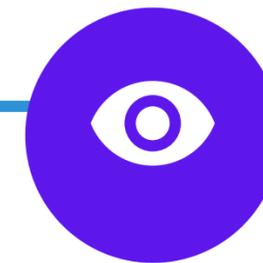
What were your early work experiences like? What did your friends turn to you often for? What activities made you feel most energized? Who had your back no matter what?

## MID-LIFE



How would your co-workers describe you? Would your friends outside of work say the same traits? What career transitions, pivots, or unexpected turning points occurred?

## NEXT PHASE



What type of environment is essential for you to do your best work? What will you want to say you are most proud of after 1 year into the opportunity? What are the people like that you are working with or helping?

