

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.

