

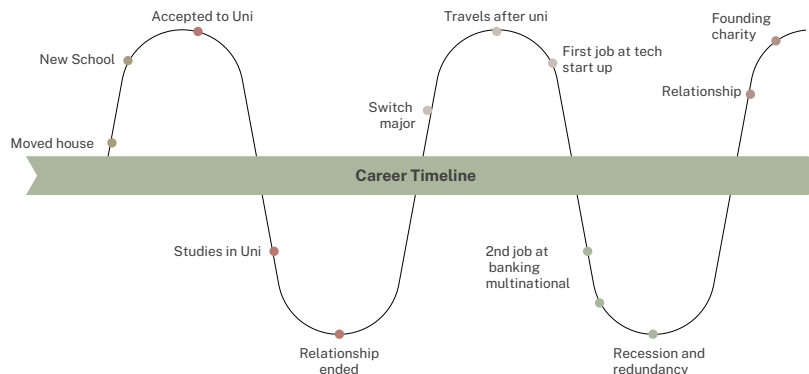
Career Timeline Exercise

The **Career Timeline Exercise** helps you reflect on key past personal and professional experiences so you can gain insights into your highs and lows, stressors, learning points etc. By doing this, you develop a deeper level of self awareness of your motivators, needs, interests, and strengths that are key for you to integrate into your future career path.

Instructions

- Take a sheet of paper and a coloured pen.
- Draw a timeline across the middle of the paper.
- Reflect on your career and life trajectory until now. Where are there peaks and troughs? Where are the experiences stable?
- Mark in significant events in your life, education and career development. Include experiences which influenced you, achievements, positive and negative memories and connect those points with lines.

Example



- Next to each point, mark down the following, as relevant: A= Achievement C = change, L = learning, S = Stress, F = flow* (a mental state of focused attention and deep task-absorption that makes a person feel one with the activity.)
- Write down observations around...
 - a) Themes you notice e.g. highs and lows
 - b) Major changes and turning points in your life
 - c) Where you have learnt the most and where you have found flow, and consider factors that led to this
 - d) Where have you felt stressed and consider the factors that led to this
 - e) What motivators have influenced how you prioritised your career choices?
 - f) Moving forward, what motivators do you want most to shape your career choices, and why?