# Career Reflection & Planning Worksheet

**Instructions:** Use this worksheet to assess your current career situation, explore potential directions, and develop a plan for your next steps.

## 1. Reflection

**a. What are your core values?**
Identify what truly matters to you in your career.

**b. What are your strengths and skills?**
List your key strengths and skills.

**c. What motivates you?**
Determine what drives you in your career.

**d. What does success look like to you?**
Define your personal and professional success.

**e. What aspects of your role do you find most fulfilling or rewarding?**

**f. What aspects of your work do you find challenging or less satisfying?**

**g. If given the opportunity, what changes would you make to improve your role or work environment?**

## 2. Career Exploration

**a. What industries or roles interest you?**
List potential industries or roles you're curious about.

**b. What skills or qualifications are required for these roles?**
Identify any additional skills or qualifications needed.

**c. Are there any barriers to entering these fields?**
Consider potential challenges.

## 3. Goal Setting

**a. Short-Term Goals (0-6 months):**
Set achievable goals to start your transition.

**b. Long-Term Goals (6+ months):**
Outline your long-term career objectives.

## 4. Action Plan

**a. What steps will you take to achieve your goals?**
Develop a plan of action.

**b. What resources or support do you need?**
Identify resources or support systems.

**c. How will you measure your progress?**
Determine how you'll track your progress.

## 5. Reflection

**a. What have you learned about yourself through this process?**
Reflect on your insights.

**b. How will you stay motivated and accountable?**
Consider strategies to maintain motivation.

**Note:** This worksheet is a tool to facilitate your career planning process. Feel free to adapt it to your personal needs and circumstances.