

Journey Mapping YOU

Clarity & intention require deep understanding. And that's the purpose of this Journey mapping of your own career & life. If you're interested in exploring your journey with me to help you uncover insights, set up a free discovery call with me to find out how we can do that together.

Instructions -

Step 1: Timeline - start at the beginning of adulthood!

What was I doing : Job, role/title, school, training, side hustle, challenges, accomplishments

Note - these are more or less neutral. You aren't assigning judgement here.

Step 2: Research

What did I learn? Hard & soft skills, self awareness

What was in/out of alignment : What worked or didn't work for me? What did/didn't I enjoy? What did I do well?

What am I proud of?

Motivation : Why did I take this on? Why did I stop, or want to stop?

Write these things out next to each thing on your timeline. Look through a positive lens here! Do not use this as a time to point out your own 'weaknesses' or 'mistakes' or 'failures' - those are negative thoughts that we use on ourselves that are not helpful to us, in fact they are detrimental, they are part of what keeps us stuck and blocked. Reframe that thought into, what specifically wasn't working well for me?

Step 3: Patterns

Strengths - Capability that brings value to others, natural aptitude combined with skill

Personal Values - A principle or quality that is essentially valuable or desirable. Things or ways of being that are vital to us.

You might want to switch the color of your pen for this step.

Go back to the beginning, and, looking through what you've written, circle all the things that jump out as recurring patterns. Once you've gone through looking for patterns, look at them each and name the pattern.

Step 4: Opportunities

What are some threads that run through my life/career?

What I want more of

What is in alignment with your strengths, values, what motivates you

What I want less of, what to avoid

What is out of alignment with what you want, blocks you?

What I want to learn or develop

Now it's time to fill out the Opportunities page. As you fill these out, what ideas are emerging? If you put a strength and a value together, what new thing could you create?

This step is also where it can be really helpful to meet with a mentor, or a coach, to get another set of eyes on your journey, to look for more patterns and connect more dots, and maybe even brainstorm ideas with you. If you'd like a coaching partner in this part of your journey, set up a free discovery call with me to find out how coaching might help you.

My Career Journey Map

Plot out your unique journey on this map. It works best if you print it out and use pen/pencil. Let it be messy. Each circle is a role, job, training, school, or important life event.

What was I doing?
Or
Significant event

What was most important about this place/your role?

What was in alignment, what worked for me? What did I enjoy?

What am I proud of?

What was not in alignment, what didn't work for me or I didn't enjoy?

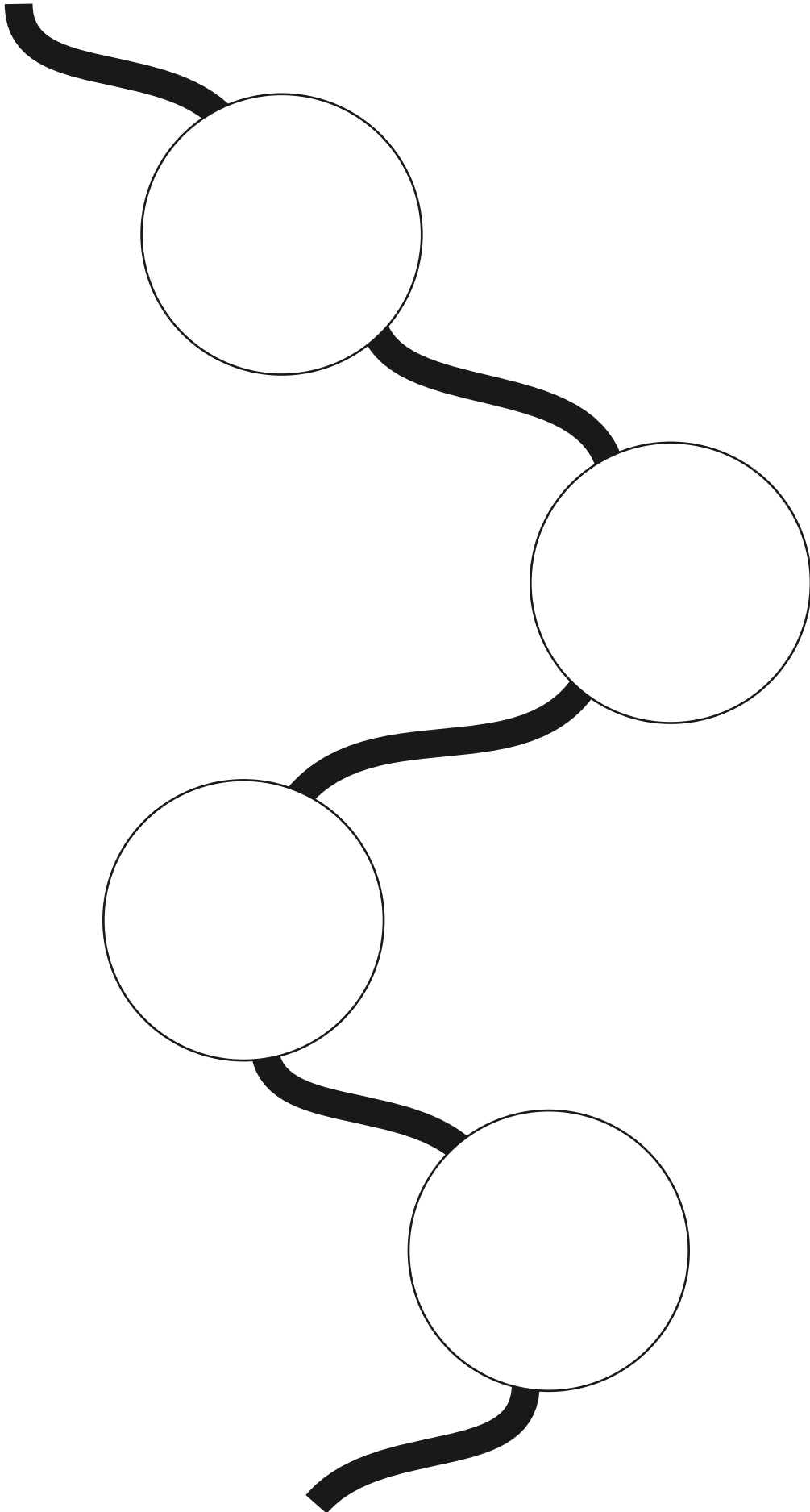
Are there any lingering issues to work through (anger, dissatisfaction)

Motivations

What led me here?

Why did I choose this?

My Career Journey Map continues



My Career Journey Map

Fill out these three columns based on what you've discovered through mapping your journey. As you fill these out, what ideas are emerging?

What I want more of

**What I want to learn
or develop**

**What I want less of/
none of**