

# CAREER TIMELINE

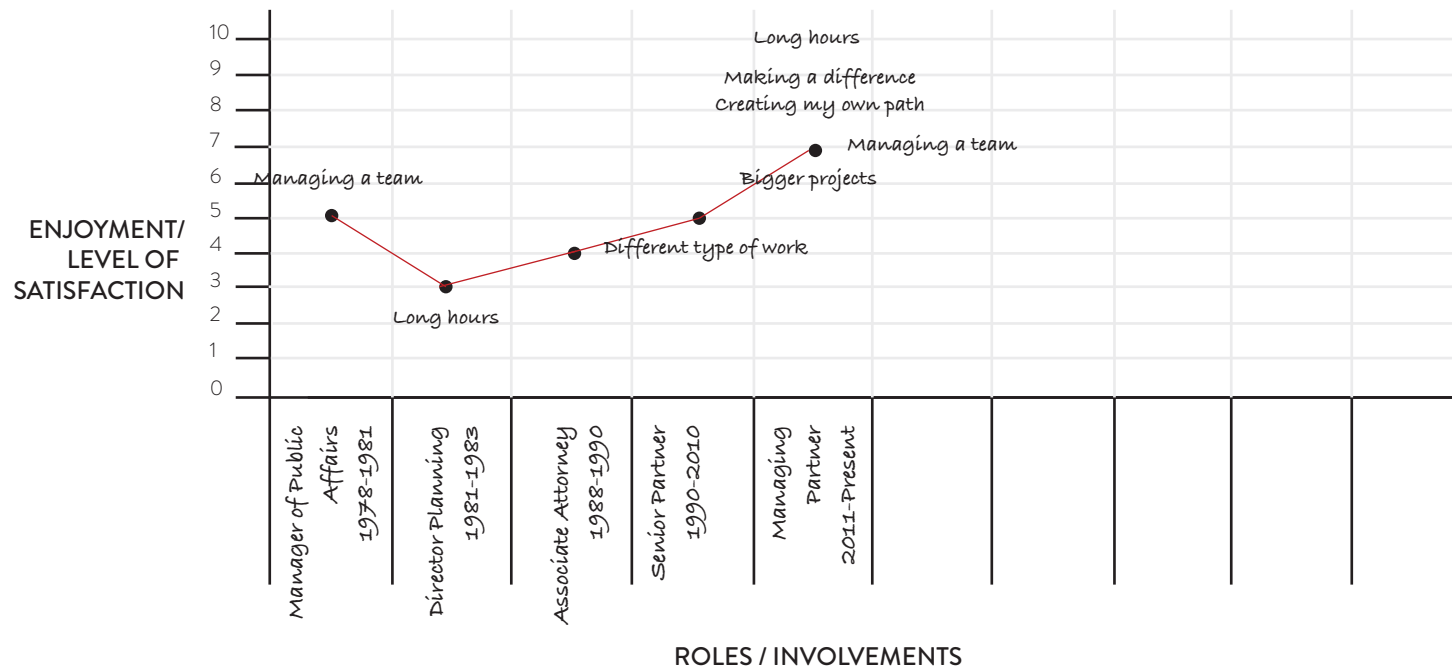
**Step 1:** Print a copy of the graph on the following page.

**Step 2:** Start with writing the various roles and events you've been involved in (such as jobs, projects, volunteering, etc.) along the bottom axis in chronological order, oldest event on the left, more recent on the right. Most people start from when they finished school however if you have been fortunate enough to have a long career or have worked in many places perhaps look at the past 5-10 years.

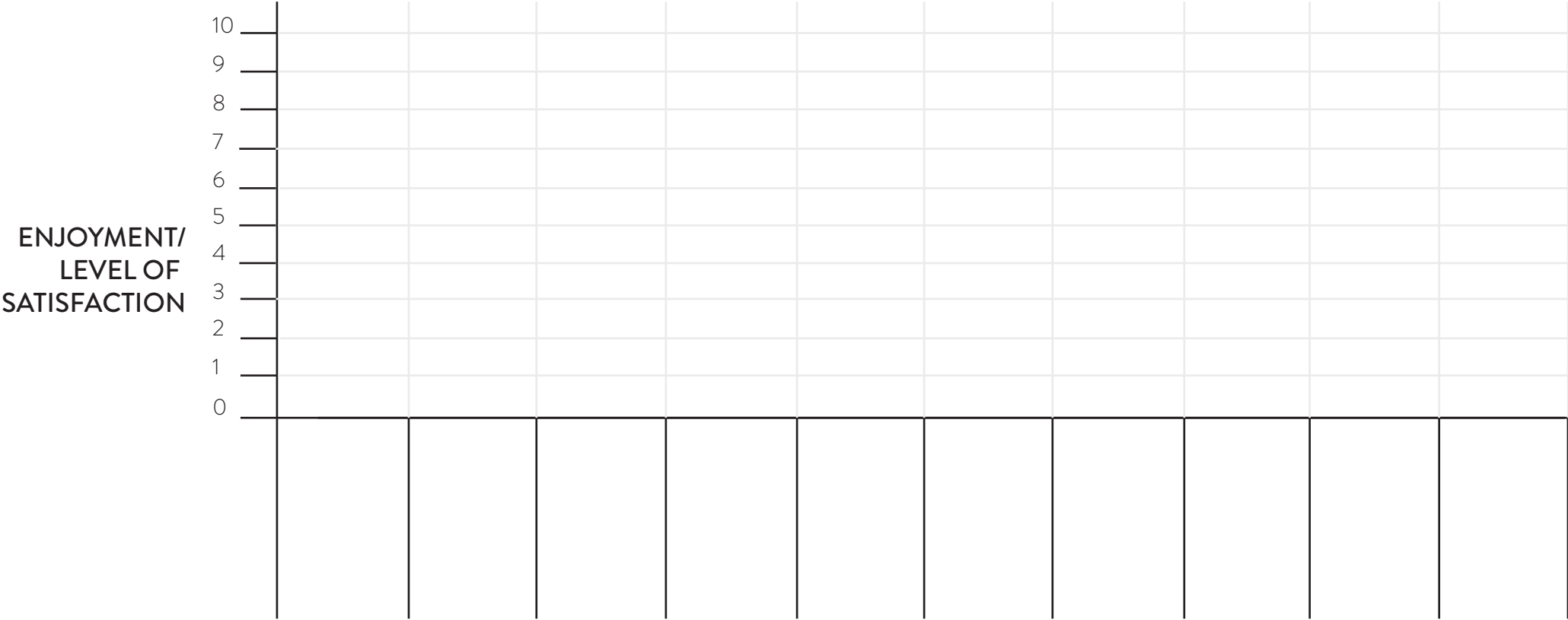
**Step 3:** Once you've done that, plot your level of enjoyment, satisfaction and overall happiness on a scale of 0 to 10 (0 being it was a terribly unhappy time in my life; 10 being I wouldn't change a thing, I loved every single day). For each dot, write a few comments about why you chose that score (e.g. great team, autonomy, learning opportunities, etc.)

**Step 4:** Join up the dots from left to right.

**Step 5:** Look at the roles which score below 3 and above 8. What are the common themes which were consistently influential in your level of satisfaction?



# MY CAREER TIMELINE



ROLES / INVOLVEMENTS

**Common theme on scores below 3**

**Common theme on scores above 8**

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