



Life and Career Planning

Life Plan

1. On the timeline below write down all of the major goals, events, and turning points that you would like to take place in your life.

Do you want kids? more kids? Do you want to work after retirement? Will you love your job that much? Do you want to travel? Own a second home? Switch careers?

If you run out of space you can draw a small picture or write a letter and write the information on the back of the paper.

Present Retirement End of Life

2. What are the most important, non negotiable parts of this life plan? Choose five and write them down below.
3. What is it about each of these things that makes them so important to you. How will they contribute to the narrative of your life?
4. Rank these non negotiables below from most to least important in the chart below and then make a list of the most important things you will have to do to accomplish each thing.

1.
2.
3.
4.
5.



Reflections

What is it that you like most and least about your current job and work history?

What are the skills that you enjoy using?

What are the skills that you would like to use that you don't use now?

What are the things others value about you in your current job that you are glad they appreciate?

What are the things that others value about you in your current job that you do not value about yourself or personality?

What do you feel your current job contributes to people and the world?

What do you wish it contributed?

At the end of your life, what do you want to be able to look back and see yourself having accomplished?

What are you on the track to accomplish now?

What do you think the purpose of your life is? What do you see yourself being a part of that you think is an admirable idea?

Milestones

Choose three potential career paths that you are considering. List the pros and cons of each path and what they mean for your life on the table below. Will you incur debt? Have to move? Need to take on other expenses? Will you get to travel? What will the hours be?

Pros	Cons

Take the three career paths that you thought about and label them A, B and C.

Take each career path and mark it's letter at the point on the meters below where it is likely that that career will provide you with income, free time, and pursuit of your life's purpose.

Insufficient

Excess

Free Time

Income

Purpose

1. How much time do many of the "non negotiables" from your list above require you to have available in your life? Mark a limit of minimum time needed on the Free Time meter above. What career paths are ruled out?
2. What is the minimum amount of income you need for the most expensive "non negotiable" on your list? Mark a limit of minimum income needed on the Income meter above. What career paths are ruled out?
3. What path provides you with the most access to your purpose in life? What "non negotiables" get ruled out if you pursue this path.



4. Go back to your list of “non negotiables. How many of these have you reconsidered based on the info above. How many can you live without? Do any new “non negotiables” become apparent.

5. What path provides you with the most direct route to your purpose in life? If you choose another career path, how much extra free time and income would you have? Would these be enough to pursue your purpose in life down other avenues?

6. If the things that you want out of life will not come from your career path, then how else could you get them? Could you travel with your family? Volunteer? Pursue hobbies after work? Start a business on the side?

7. Is there anything about your potential career paths that you feel this worksheet does not consider? What is it?