

How to map your career on a timeline

- Mark your career milestones horizontally from left to right between “Then” and “Now” where “Now” is today and “Then” marks when you first embarked on your career.
- Move your milestones vertically up or down according to how intensely proud or discouraged you felt in those moments.
- Imagine your next proud milestone. Mark it on the map and move toward it fearlessly.

Most Proud

Then

Now

Most Discouraged

