

Career Path Planner Worksheet

Chapter 15.1: Career Exploration and Goal Setting

Instructions for Using This Worksheet

This Career Path Planner will help you develop a comprehensive plan for your professional future. Follow these steps:

1. Complete each section thoughtfully, considering your interests, skills, and values
2. Be specific when setting goals and identifying required resources
3. Use this as a living document—revisit and revise it regularly as you gain new insights
4. Focus on creating a plan that aligns with both your professional aspirations and personal values

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Section 1: Self-Assessment Summary

Interests

What topics, activities, or fields naturally draw your attention and energy?

Skills

What are you good at? Include both technical skills and soft skills.

Values

What's important to you in a work environment and career? (e.g., creativity, security, helping others, independence)

Personal Traits

What are your key personality characteristics that might influence career fit?

Section 2: Career Direction

Career Field(s) of Interest

Based on your self-assessment, what career field(s) are you most interested in exploring?

Specific Role(s) or Position(s)

What specific jobs within these fields appeal to you? If unsure, list broader categories.

Alignment Rationale

How do these career options align with your interests, skills, values, and personal traits?

Section 3: SMART Career Goals

Short-Term Goals (1-2 years)

What specific, measurable goals do you want to achieve in the next 1-2 years?

Medium-Term Goals (3-5 years)

What specific, measurable goals do you want to achieve in the next 3-5 years?

Long-Term Goals (5+ years)

What specific, measurable goals do you want to achieve in the long term?

SMART Goal Check

Review your goals to ensure they meet the SMART criteria:

Criterion	Description	Your Check
Specific	Clearly defined, not vague or general	<input type="checkbox"/> Yes <input type="checkbox"/> No
Measurable	Includes concrete criteria for measuring progress	<input type="checkbox"/> Yes <input type="checkbox"/> No
Achievable	Realistic and attainable given your resources and constraints	<input type="checkbox"/> Yes <input type="checkbox"/> No
Relevant	Aligns with your broader career direction and values	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time-bound	Has a defined timeline or deadline	<input type="checkbox"/> Yes <input type="checkbox"/> No

Section 4: Career Development Plan Components

Education and Training

What education or training will you need to achieve your career goals?

Education/Training Need	Timeline	Estimated Cost	Potential Sources/Providers

Experience Building

What experience do you need to gain to progress toward your career goals?

Experience Type	Timeline	Purpose/Goal	Potential Opportunities

Skill Development

What specific skills do you need to develop or improve?

Skill	Current Level	Target Level	Development Method

Networking and Relationship Building

What professional connections would help you advance toward your career goals?

Connection Type	Purpose	Potential Sources	Action Steps

Section 5: Resources and Research

Key Career Resources

What websites, books, or other resources will you use to research and plan your career?

Industry/Field Information

What have you learned about your field of interest (job outlook, salary ranges, required qualifications, etc.)?

Potential Obstacles

What challenges might you face in pursuing your career goals? How might you address them?

Section 6: Progress Tracking and Revision Plan

Review Schedule

How often will you review and update this career plan?

Success Indicators

How will you know if you're making progress toward your career goals?

Adjustment Strategy

How will you approach revising your plans if circumstances change or new opportunities arise?

Section 7: Action Plan Summary

Immediate Next Steps (Next 30 Days)

What specific actions will you take in the next month to begin implementing this plan?

1.

2.

3.

4.

5.

Commitment Statement

Write a brief statement committing to your career development plan:

Signature: _____ Date: _____