

# Career Path Planner Worksheet

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## *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

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### 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

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### 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

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### 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

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### 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

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### 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: \_\_\_\_\_