



My Professional Growth Journal

Reflection & Career Roadmap

Reflecting on our professional journey, it is crucial to take the time to engage in a comprehensive review of our career path and aspirations.

This document serves as a versatile tool for introspection, designed to facilitate a thorough assessment of career progress, lessons learned, and ambitions for the future. Through structured assessments and reflective exercises, this resource aims to assist in evaluating career milestones, recognizing areas for growth, and strategizing for a more impactful and fulfilling professional trajectory.

Embrace this opportunity to reflect on achievements, acknowledge challenges, and set clear, intentional career goals, fostering a roadmap for success.

“Pleasure in the job puts perfection in the work.”
Aristotle

Summary

How your career unfolded?

1. Where are you at now?

Pause and reflect on your level of satisfaction in multiple areas of your career.

2. Diving into each area

Reflection exercise on your achievements, challenges, and significant milestones.

3. Main learnings

Reflect on your learnings.

Your career aspirations

1. Where do you want to be?

Determine the desired level of satisfaction on multiple areas of your career.

2. Building on past experiences

Reflect on how you can apply your learnings.

3. Set up an Action Plan

Get a clear Action Plan to start building up for success.

“The best way to predict the future is to create it.”
– Abraham Lincoln

How your career unfolded?

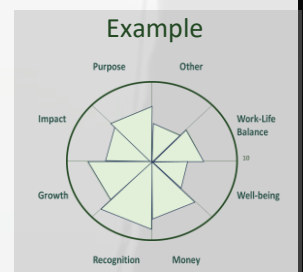
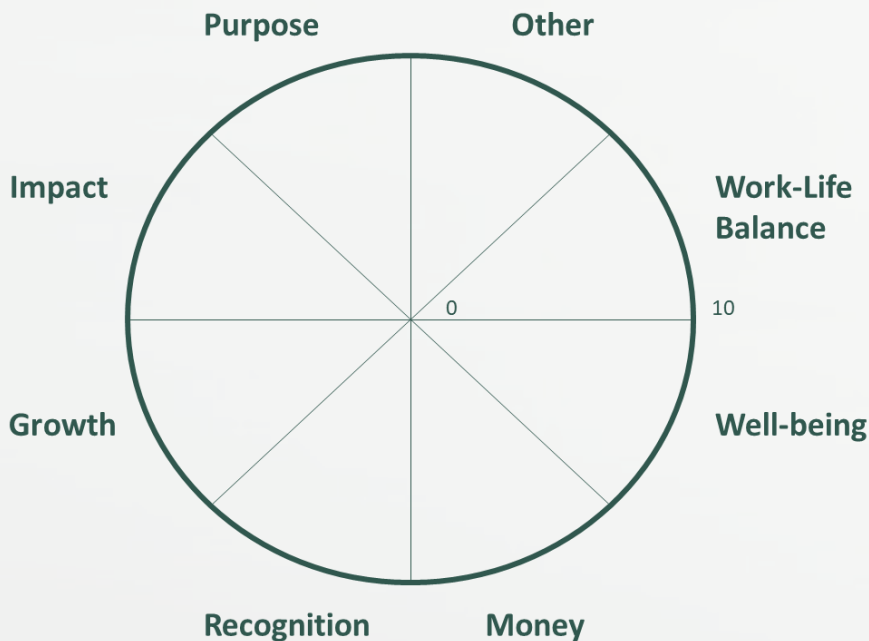
1. Where are you at now?

A. Draw your Career Wheel

This first exercise will serve as a foundation for reflecting on your past year's career experiences and establishing goals for the future.

Use the wheel below and consider each dimension in turn. On a scale of 0 (low) to 10 (high), score each category by drawing a line through or adding a number, where 0 is not satisfied at all and 10 is fully satisfied.

- **Purpose:** Finding meaning in the tasks performed and the organisation as a whole
- **Impact:** Effects of my contribution on my colleagues, my organisation, and the industry at large
- **Growth:** Skills development, career progression
- **Recognition:** Acknowledgment and appreciation of my effort
- **Money:** Financial compensation, financial stability, rewards
- **Well-being:** Mental, emotional and physical health in my workplace
- **Work-Life Balance:** Harmony between professional obligations and personal life
- **Other:** Choose another area of your career that is important for you (status, workload, challenge, stress level...)



How your career unfolded?

1. Where are you at now?

B. Self-reflection

When you look at the shape of the wheel, how do you feel?

Does your wheel look and feel balanced?

What surprises you the most?

What seems the most impactful for you today?

“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven’t found it yet, keep looking.” – Steve Jobs

How your career unfolded?

2. Diving into each area

This exercise is a deep reflection on each dimension of our Career to help you gain valuable insights, understand patterns, learn from mistakes and identify strengths.

For each dimension of your Career Wheel, think about your biggest achievements, your greatest challenges, your successes, your failures, and any significant milestones that occurred in the past 3 to 5 years.

Purpose

Impact

Growth

Recognition

How your career unfolded?

2. Diving into each area

Money

Well-being

Work-Life Balance

Other

“Create the highest, grandest vision possible for your life, because you become what you believe.”

— Oprah Winfrey

How your career unfolded?

3. Main Learnings – From my achievements

Reflecting on our learnings is crucial as it provides an opportunity for introspection and growth. By acknowledging and learning from both successes and failures, we gain a deeper understanding of ourselves, our strengths, and areas for development.

A. Select 3 achievements or successes listed in the previous pages that were **the most significant for you and complete the table below for each of them.**

Feel free to repeat this exercise for any additional achievements or successes you wish to reflect upon.

1/ Achievement/ Success:

My action that contributed:

External support received:

Skills/Strengths utilised:

I learnt about myself:

I can replicate in the future:

2/ Achievement/ Success:

My action that contributed:

External support received:

Skills/Strengths utilised:

I learnt about myself:

I can replicate in the future:

How your career unfolded?

3. Main Learnings – From my achievements

3/ Achievement/ Success:

My action that contributed:

External support received:

Skills/Strengths utilised:

I learnt about myself:

I can replicate in the future:

My main learnings

“Without continual growth and progress, such words as improvement, achievement, and success have no meaning.” – Benjamin Franklin

How your career unfolded?

3. Main Learnings – From my challenges

B. Select 3 challenges or failures listed in the previous pages that were **the most significant for you and complete the table below for each of them.**

Feel free to repeat this exercise for any additional challenges or failures you wish to reflect upon.

1/ Challenge/ Failure:

External factor or personal decision that led to it:

How did my approach or mindset contribute:

My reaction when it happened:

I learnt about myself:

I will avoid in the future:

2/ Challenge/ Failure:

External factor or personal decision that led to it:

How did my approach or mindset contribute:

My reaction when it happened:

I learnt about myself:

I will avoid in the future:



How your career unfolded?

3. Main Learnings – From my challenges

3/ Challenge/ Failure:

External factor or personal decision that led to it:

How did my approach or mindset contribute:

My reaction when it happened:

I learnt about myself:

I will avoid in the future:

My main learnings

"Anyone who has never made a mistake has never tried anything new."

— Albert Einstein

Your career aspirations

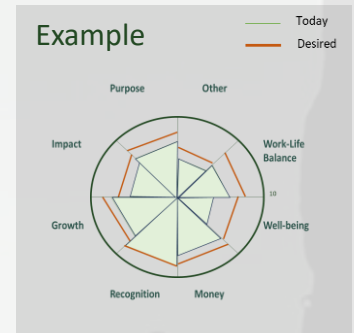
1. Where do you want to be?

To set clear career goals for the future, it is important to reflect on **what you want to achieve**. What areas of your career are important to you, why, where you want to be, how would it look like to achieve your goals.

A. Getting back to your Career Wheel

Getting back to your Career Wheel (page 3), go through each dimension and decide which level of satisfaction you desire to reach in 3 to 5 years from now.

On the same scale of 0 (low) to 10 (high), score each category by drawing a line through or adding a number.



B. Self-reflection

1. Which area of your life would you like to work on in priority?

- Why is this area important?
- How would it look like for you to have this level of satisfaction in this area?
- What can you do to reach this level?
- Who else can help you reach this level?

...

Your career aspirations

1. Where do you want to be?

2. Look for the area where you have the biggest gaps between the actual level of satisfaction and the desired one.
 - Why this is important for you to reach that level of satisfaction?
 - What difference would it make to you if you had this level of satisfaction in this area?
 - What can you do to reach this level?
 - Who else do to help you reach this level?

...

“Happiness lies in the joy of achievement and the thrill of creative effort.” – Franklin D. Roosevelt

Your career aspirations

2. Building on past experiences

Utilizing our past experiences is pivotal when setting goals and crafting action plans. Drawing from our previous learnings empowers us to **establish realistic and informed goals**, ensuring that they are not just aspirational but also **practical and achievable**.

Looking back at your learnings (p8 & 10) and your desired Career Wheel (p11):

1. What learnings from your past achievements and challenges can help you reach your desired level of satisfaction?
2. How can you use these learnings?
3. Choose concrete actions to put in place

Learning:

Action:

Learning:

Action:

Learning:

Action:

Learning:

Action:

*“Anyone who stops learning is old, whether at twenty or eighty.
Anyone who keeps learning stays young.” — Henry Ford*

Your career aspirations

3. Set up an Action Plan

After reflecting on the previous exercises, you should now have a clearer understanding of the actions required to **achieve your career goals for the next 3 to 5 years**.

Creating a clear **Action Plan** will help you turn our goals into tangible achievements. By outlining **specific actions and milestones**, an action plan not only enhances **productivity** but also enhances **accountability**, ensuring steady **progress** and increasing the likelihood of successfully attaining our ambitions.

Complete the table below with your actions to implement for a **happy and successful professional journey!**

Goal	Timescale	Action	Measuring Success
<i>What do I want to achieve?</i>	<i>By when?</i>	<i>What do I have to do to achieve this?</i>	<i>How will I know that I've achieved my goal?</i>

Your career aspirations

3. Set up an Action Plan

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Your career aspirations

3. Set up an Action Plan

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“Setting goals is the first step in turning the invisible into the visible.” – Tony Robbins

Contact me if you wish more guidance to complete this document, to continue the reflection or to get support on achieving your career goals.

- Florie -



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With 15 years of professional experience in dynamic multinational companies and start-ups across Paris, Sydney, Singapore and London, I have been working as a certified Career Coach, Career Development Program Manager and Facilitator since 2020.

With empathy, care and determination, I provide tailored support to individuals navigating significant career transitions, and help teams cultivate environments that celebrate and leverage diversity.

Turn your career into a cornerstone of happiness and reach out to me for transformative career coaching!



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