

Career Goals Worksheet

(adapted and added to by CSYH 2010 from Leeds University worksheet)

By completing this worksheet, either alone or with mentor, career coach or other support, you can begin to give definition to your career goals.

Imagine yourself in five years time and answer the questions in the present tense as if you have already arrived in your ideal role. Think about what you want to gain from employment and your working environment in general, rather than a specific role.

Write down your answers and you will have an outline picture of where you are aiming in your career. Gaining this perspective is vital to give focus to your efforts and clarity to your plans.

This quiz is not an exhaustive list of things that could matter to you in your working life. Use it as a prompt and add to it if you need to.

Career motives and values

- What do you care about and what drives you?
- Are you doing what you dreamed of doing as a child?
- Are you in the same line of work as family/parents?
- What do you earn?
- What level of job security do you enjoy?
- What level of recognition, reputation and status do you have?
- Are you living to work or working to live?
- What work/life balance do you enjoy?
- What do you contribute to society?
- Are you learning new things?
- Do you answer to anyone?

• **My motives and values are...**

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