Career Management Worksheet

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| 1. **Life Goals and Outcomes** | | | |
| **Career** | | **Relationships** | |
| Goal – The What | Outcome – The Why | Goal – The What | Outcome – The Why |
| Become a senior executive in my company in 5 years | Financial security and be recognized as a top leader | Get married and have 2 children | Exist in a loving family |
| **Health and Wellness:** | | **Personal Values:** | |
| Goal – The What | Outcome – The Why | Goal – The What | Outcome – The Why |
| Run a marathon | Live a healthy lifestyle | Work with battered women | Make a difference in the life of someone in need |

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| 1. **Manage Your Locus of Control**   **Focus on Career Goals** | |
| Of the 5 C’s, select the C which is most important for you to adopt | * Clock * Contacts * Communication * Commitments * Causes |
| Describe what you can do to apply this dimension |  |

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| 1. **Improve Your Learning Agility**   **Focus on Career Goals** | |
| Which dimension represents the biggest opportunity for you to increase your learning agility? | * Mental agility * People agility * Change agility * Results agility * Self-Awareness |
| Describe what you can do to apply this dimension |  |

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| 1. **Personal SWOT Factors** | |
| **External Factors** | |
| Opportunities / Options | Threats / Risks |
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| **Internal Factors** | |
| Strengths = Enablers | Weaknesses = Barriers |
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