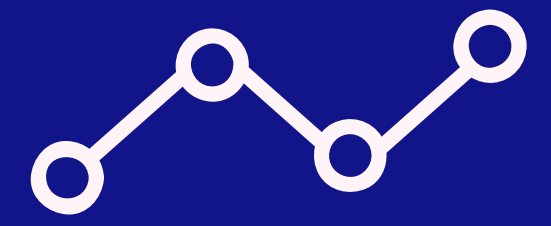


Explore Your Career Timeline



1. Choose the timeframe you want to explore (e.g. the year from/to) 2. Identify life and work experiences that have been important and relevant to your career 3. Place the events above the timeline if they were positive experiences or below the timeline if they were difficult or adverse experiences.

 Positive Experiences

From  Timeline To

 Difficult/Adverse Experiences

Once you have completed your timeline work through the coaching questions over at myselfhelphabit.co.uk