

Career Planning Worksheet 2: Career Wellness

Career wellness relies heavily on the alignment of your personal aspirations with your profession. Thus, the first step to career wellness is to define your desired direction clearly and ensure that this is aligned with your goals.

Instructions: Read *Module 2: Life Skills for the New Normal* to fill out this worksheet realistically and accurately. Then, answer the following questions as comprehensively and as honestly as possible.

1. **Life Vision:** Describe how you see yourself in three years' time. How do you wish to see yourself as a professional? Where would you like to be in your career?

2. **Life Mission:** Describe your purpose in life. Where do you draw your inspiration from? Why do you continue to strive despite challenges and setbacks?

3. **Goals:** Define your current goals. What do you wish to accomplish in the next few months?

4. **Action Plan:** Develop an action plan using the table below.

Goals	Steps	Timeline	Resources Needed
1.			
2.			
3.			
4.			
5.			