

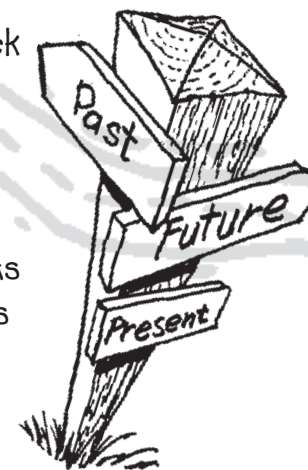
-- NOTES --

How'd I Get Here?? Where Am I Going??

A Career Path/Life Portrait Reflection Activity

DIRECTIONS: When you turn the page, use the space inside and on the back to capture key words and images about how your life has unfolded so far, and what the future might hold in store for you. (Actually, we believe that YOU hold things in store for the future.)

Use any format(s) you like -- timeline, lists, drawings -- whatever works. As you reflect on your past, present and future, consider the following items and how you might best represent them in your "life portrait."



PAST

Role models
Others who significantly influenced/nurtured you
Early demonstrations of your gifts/fascinations
Big decisions/turning points
Major life events/"defining moments"
Positive forces/resources
Negative forces/limitations/challenges
Accomplishments
Significant learning experiences (in and out of school)



PRESENT

Major roles you play
Gifts/talents you use and value
Things that give you a sense of passion and purpose in your life and work
Key people in your life and work
Things that get in the way of your fulfillment

FUTURE

Goals/aspirations -- both personal and professional
Relationships you want to strengthen
Other steps that would enhance the quality of your life and health
The "legacy" you want to be remembered for

Please turn the page ...

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