

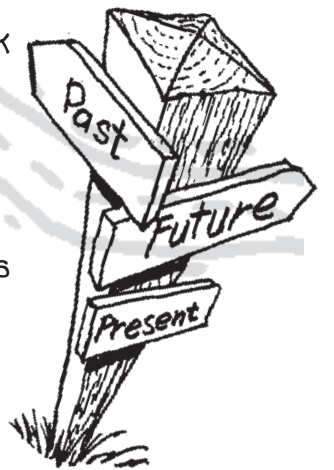
-- NOTES --

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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