

# Creating Your Career Chart™

## Suggested Points of Inquiry

PROFESSIONAL

PERSONAL

NOW

**PAST / REFLECTION:** To awaken to past occurrences.

Begin by identifying the major events of your professional development. Going from left to right on the timeline, put a mark, small or big according to the value you put on the experience, along the top of the line when addressing the following questions:

- What events changed your life?
- What events produced emotions that changed your thinking?

Now do the same thing on the bottom of the line when addressing the following questions within your personal growth:

- What events changed your life?
- What events produced emotions that changed your thinking?

**PRESENT:** To be present to the moment.

Now take a big step back and view the many landmarks on your timeline from afar.

(For best results, write out your answers to all of the sets of questions that follow).

- What do you notice from the occurrences charted on your timeline?
- What is the underlying theme of your professional development?
- What is the underlying theme of your personal growth?
- What actions occurred that you consciously created for each?
- What occurred by “accident”, “coincidence”, and/or “chance”?

**FUTURE:** To glean what is waiting to emerge.

As a result of the unveiled truths of the above, as you now recognize them:

- What do you sense are some of your possible interests, curiosities, and desires?
- What are some possible constraints/roadblocks of the above possibilities at the present?

Given the unfolding awareness of your inquiry:

What are five action steps for you to take to begin an exploration into your possibilities given your known constraints?

It is necessary to explore possibilities first to gather as much information about each possibility as you can. A good rule of thumb is to keep gathering information with each possibility as long as you experience comfort within the process. If excitement and enthusiasm increases as you go, then your exploration will continue to uncover more details involved to bring the specific possibility into reality.

If, on the other hand, you begin to feel discouraged or interest dwindles in some way, you need to step back a moment and look at:

- Are you facing an obstacle?
- If so, are you willing to create a couple of strategies to work through the roadblock?
- Or, are you simply not interested enough to keep going with it, because another possibility seems to become more vibrant for you?

As your exploration develops and provides increased information, your learning can be enhanced through the practice of consistent reflection with each point of discovery. It is important to stay open and true to your feelings and keep going where it feels good. The key is to relax and find the enjoyment within each new adventure as it unfolds.

May your prosperity always exceed your expectations!

Carol Hallyn, 2010

<http://www.carolhallyn.com>