

WEEK 9: My Reflective Journal on the Career Development.

Reflecting on my career development can be a valuable exercise to help myself gain insight into my past experiences, identify strengths and weaknesses, and clarify my future goals. Here is a structure to guide my reflection on my career development journey:

1. Starting Point: Early Stages of Career Development

✚ What motivated myself to start my career?

Reflect on what initially drew I to my chosen field or industry. Was it a passion for the work, the influence of a mentor, or the opportunities available at the time?

✚ How did I get my first job or position?

Think about the skills, experiences, and connections that helped you land my first role. Were there any obstacles I had to overcome?

2. Skills and Strengths Develop

✚ What skills have I developed along the way?

Consider both technical and soft skills (e.g., communication, leadership, problem-solving). How did I acquire them, and which ones have been most important in my career?

 **What strengths have I discovered about yourself?**

Reflect on the positive traits I have realized, such as perseverance, creativity, or adaptability. How have they contributed to my success?

3. Challenges and Obstacles

 **What challenges have I faced throughout my career?**

Think about specific moments or phases where I struggled whether with a job, work-life balance, or personal doubts. How did I overcome these challenges, and what did I learn from them?

 **What mistakes have I made?**

Reflect on any missteps or setbacks and how they have shaped my approach to work today. What did these experiences teach myself?

4. Career Milestones

 **What key achievements or milestones have marked my career journey?**

Identify major accomplishments such as promotions, special projects, or recognition that stand out. What did these achievements signify for myself at the time, and how did they propel me forward?

 **What were some defining moments?**

These might include significant shifts in my career direction, learning experiences, or moments of self-realization.

5. Evolving Career Goals and Interests

✚ How have my career goals evolved?

Reflect on whether my interests and goals have changed over time. Did I start with one specific objective, and have my ambitions shifted as I gained more experience?

✚ What do I want to achieve moving forward?

Based on my current position and future aspirations, think about what steps I still need to take. Do I want to deepen my expertise, change industries, or pursue leadership roles?

6. Personal Growth and Work-Life Balance

✚ How has your career impacted your personal growth?

Consider the ways in which my career has shaped my personal life, confidence, mind-set, and worldview.

✚ What role has work-life balance played in your career?

Reflect on how I have managed balancing professional and personal priorities, and how I would continue to find harmony.

7. Lessons Learned and Advice to myself

✚ What key lessons have I learned so far?

Think about the most important takeaways from my journey. Perhaps it is about persistence, networking, or embracing change.

 **What advice would I give my younger self?**

If I could speak to yourself at the beginning of my career, what advice would I offer based on what you know now?

8. Looking Ahead: Future Goals

 **What is my vision for the next phase of your career?**

Envision where you want to be in 5 or 10 years. What type of role, industry, or impact would I like to have at that stage?

 **What steps will you take to achieve my future goals?**

Break down the actionable steps you need to take in the short and long term to move forward in my career. This might involve further education, networking, or stepping out of my comfort zone.

By reflecting on these key areas, I will gain a clearer perspective on my career development and be better equipped to make intentional decisions moving forward.