**Sample template** – this is one template that you might want to use. We have added some suggestions to show you how it works.

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| **Who** **am I?** | **My values and drivers** *- ways of being that are important to me and what is important to me in my career****Values:****: e.g. reliability; helping others; sensitivity; freedom.**Suggested resource:* [*Indeed – Examples of Personal Values*](https://uk.indeed.com/career-advice/career-development/personal-value-examples)***Drivers:*** *e.g. forming working relationships, physical challenge, salary**Suggested* resource: [*World of Work – Examples of Career Drivers*](https://uk.indeed.com/career-advice/career-development/personal-value-examples) |
| **My goals:** | **Short term***e.g. Research careers relating to working in mental health* | **Medium term***e.g. Secure placement year or significant work experience with people requiring mental health support* | **Long term***e.g. Secure a place on a Masters course or appropriate graduate level job relating to my chosen career path* |
| **Actions - what I need to do:** | **Resources and who can help:** | **By when:** | **Complete:** |
| * e.g. book a careers appointment / attend a careers fair
 | * CareerHub
* Professional network
 | *End of the month* |  |
| * e.g. research 5 employers / vacancies
 | * Prospects.ac.uk
* LinkedIn
 | *This weekend* | *Yes* |
| * e.g. build x,y,z (be specific e.g. communication) skills related to my plan
 | * LinkedIn Learning
* Volunteering / work shadowing
* Chart My Path
 | *End of term* |  |
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