**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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