

NAVIGATING YOUR CAREER PATH



Instructions

Refer to **Michelle Irving's Career and Chronic Illness Map™** to complete this worksheet. Allow yourself 3-5 minutes to jot down your response to each question.

1

Where are you?

- Where you are on the map?
- What does it feel like at this stage?
- Where can you give yourself a break?

2

What helps?

- What practical support do you need?
- What emotional support do you need?
- Who are the right people to support here?

3

What is important?

- What is most important during this stage?
- What is not important? Take that off your list.

Take the next step

Keep this list as a reminder of the stages and what to do at each one. Your answers can help you focus as you move ahead.