

Exercise 1 - My Career Journey

Module 1: Introduction to The Essential Career Course

Looking back on your career so far, how did you get to where you are now?

Think back to each of the jobs you've had in the past, and your current job (if you have one). Then make a note of what you liked and disliked about each of them, and what you learned about yourself along the way.

Start from when you made your first career decisions if you can. There is space below for 5 jobs, but if you haven't had as many as that, remember that you have probably taken some important steps along the way, such as qualifications or courses related to work, so feel free to include those too.

Job 1

What I liked

What I disliked

What I learned about myself

Job 2

What I liked

What I disliked

What I learned about myself

Job 3

What I liked

What I disliked

What I learned about myself

Job 4

What I liked

What I disliked

What I learned about myself

Job 5

What I liked

What I disliked

What I learned about myself

