**Self-Reflection: Exercise 1**

Working backwards from your current role, **construct a map of your journey** to get here.

**Include** on your map **any major professional or personal experiences** you've had along the way, such as other roles you've held, hobbies, interests, and successes, or volunteer activities you've participated in.

**Questions to prompt reflections:**

What did you enjoy about this experience?

Was your experience positive or negative? Why was this the case?

Did that experience change your perspective on anything? Why?

Did that experience impact what you did after that?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use the space below to map out your career journey.