

Career Reflection Guide

Welcome to Your Career Reflection Roadmap

This guide is your companion for navigating career transitions with clarity, courage, and purpose.

Over the next seven weeks, I invite you to set some time aside to review your career based on six key themes for career planning.

Career Growth - Week 1

Values - Week 2

Beliefs - Week 3

Feedback - Week 4

Networking- Week 5

Personal Branding- Week 6

Work-life Balance. Week 6

Each week will focus on one of the themes and you will have reflective questions, actions and a quote to guide you

Whether you're seeking a new role, more flexibility, or deeper fulfillment, this guide will help you pause, realign, and move forward with confidence.

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Date :

This week's theme Career Growth

Why is this theme
important?

Reflection Points
Reflect on your
wins, learning, and
sector trends.

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My Actions for the week :

1. Write down two key competencies you want to develop or enhance in 2026.
2. Create a learning plan to help you focus and gain these competencies

Quote of the week

"Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that. Because what the world needs is people who have come alive."
Howard Thurman

My Notes :

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Date :

This week's theme
Career Values

Why is this theme important?

My Action for the week

Research three new roles that reflect your new values?

Reflection Points

Explore how your values show up in your current role? Which new values will you consider adopting and why?

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Quote of the week

When your values are clear to you, making decisions becomes easier." Roy E. Disney

My Notes :

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Date :

This week's theme
Beliefs

Why is this theme important?

Reflection Points

Consider the basis of your beliefs around success, failure, asking for help, vulnerability, and visibility?

My Notes :

My Action for the week

:
Examine the limiting belief that are holding you back. identify specific actions you can start in 2026 to help you confront or reframe your beliefs.

Quote of the week

It's not who you are that holds you back, it's who you think you're not." Denis Waitley

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Date :

This week's theme
Feedback

My Action for the week As
a result of your feedback
evaluation, Do a stop, start
continue chart. by list of
the behaviours or habits:

Why is this theme important?

You need to stop.
You need to start to
enhance your performance.
You must continue with to
achieve excellence.

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Reflection Points
Evalaute some of the
feedback you have
received this year.
What insights have
you gained about
yourself from these
feedback ?

Quote of the week
We all need people
who will give us
feedback. That's how
we improve." Bill Gates

My Notes :

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Date :

This week's theme Personal Branding

My Action for the week :
Write down three new actions you can implement Next Year to enhance your network

Why is this theme important?

Reflection Points

What did you do this year to build your brand?

Review your brand presence and plan new actions to enhance your visibility and impact.

Quote of the week

"Your brand is a story unfolding across all customer touch points."

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My Notes :

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Date :

This week's theme

Work Life Balance

Why is this theme important?

My Action for the week

:

What changes would you like to make to your work life balance in 2026? Consider factors such as self-care, boundaries, and scope of your commitments.

Reflection Points

How do you currently create space for your career development and wellbeing?

Quote of the week

"Never get so busy making a living that you forget to make a life." Dolly Parton

My Notes :

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This week's theme
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