

In the last couple of activities, you've mapped out some ideas where you want to go in work and made a note of your aspirations for your life outside work. These are the main components of your career plan.

In this exercise we want you to think about how you are going to find out the specific information you need to make a rational decision about how to achieve your goals.

Things to consider include:

- What do I need to know?
- Where will I find the information?
- Who do I need to speak to?
- Would it be best done face to face or by phone call or email?
- What do I need to ask the specifically?
- Could I "shadow" someone to learn from them?

Use the grid and questions which follow to help you work out some of that detail.

Planned Objectives	What will I need to achieve my objectives	Support required & from whom?	When will I do this & what is my target date?

**1. What else do I want to do?**

1

**2. How will I achieve these additional aims?**

2

**3. Obstacles/constraints to overcome?**

3

**4. What other sources of help will I need?**

4