Action Planning for Career Challenges

Write down your educational and career questions, and plan to address them!

- How are you feeling about your direction? What’s a related question? Write it down.
- **Action Plan:** What steps could you take to address this challenge? List these below.

If I am to … ________________________________________________________________.

What are you trying to figure out?

To address this concern, I could …

1. ________________________________________________________________

   Write down helpful activities. Check when done. (✔)

2. ________________________________________________________________

3. ________________________________________________________________

4. ________________________________________________________________

5. ________________________________________________________________

6. ________________________________________________________________

7. ________________________________________________________________

8. ________________________________________________________________

9. ________________________________________________________________

10. ________________________________________________________________

______________________________________________________________

Name ___________________________ Date ___________________________

Adapted from: Dr. Phil Patsula’s Assessment Component of Employment Counselling. Revised by D. Urbanski (January, 2017), Dragon 9 Training.