

Career Story Worksheet

Career stories are narratives that help you make sense of where you've been, where you are now, and where you're going professionally—and communicate that to others. The process of crafting your career story can help you identify the key milestones, values, and lessons that have shaped your career so far and help you present them in a compelling narrative. Crafting your career story with intention also allows you to present your journey in a way that resonates with your audience—whether that's a potential employer, client, or team member. Use this worksheet to reflect on your professional journey, craft your unique career story, and communicate your experiences with confidence.

Step 1: Start with Your Why

Reflect on the passion or mission that drives your career. Why did you choose your career path? What inspires and motivates you in your work?

Step 2: Highlight Key Milestones

What are the major experiences, roles, or accomplishments that have defined your career? Identify 3-5 key milestones that shaped your journey.

- **Milestone 1:**

- **Milestone 2:**

- **Milestone 3:**

- **Milestone 4:**

- **Milestone 5:**

Step 3: Connect the Dots

Reflect on how your career has progressed and describe how these milestones are connected. How did one experience lead to the next? What challenges did you navigate, and what lessons did you learn along the way?

Step 4: Emphasize Growth and Impact

How have you grown professionally and personally throughout your career? What impact have you made on teams, organizations, or clients? Reflect on how you've contributed to the success of others or solved important problems.

Step 5: Look to the Future

What are your career goals for the future? Where do you see yourself going next, and how do your past experiences position you for success?

Step 6: Craft Your Career Story

Using your answers from the previous steps, craft a 3-5 paragraph career story. Make sure to touch on your why, your key milestones, your growth, and your future goals.



Once you've crafted your story, practice sharing it with others—whether in interviews, networking conversations, or mentoring relationships. Get feedback from others on it and revise it to make it even more impactful. Happy storytelling!