# Career and Life Exercise: How do your career plans fit into your life plans? (a.k.a. “Constructing your future 5 years from now”)

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| Aspect of Life | Today’s Date:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 6 Months from Today  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | +5 Years  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| My workday  (describe it in a couple of words) |  |  |  |
| My Career  (what I think  when I think of that) |  |  |  |
| Family/ home life  (describe it in a couple of words) |  |  |  |