# 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) |  |  |  |