

Choosing the desired career

Understanding yourself

- **What are my needs?**
- **At what point in my life am I?**
- **What are my strengths?**

Necessary actions: self-assessment and reflection

Exploiting opportunities

- **Where do I want to go?**
- **What are my options?**
- **What do I need to take full advantage of my chances?**

Necessary actions: information

Gaining experience

- **What do I like about my current activity?**
- **What am I learning about myself in this context?**
- **What can I do next?**

Necessary actions: volunteering, work

Decision making

- **What is the career that suits me best in terms of the things I know about myself?**

Necessary actions: analysis of options

Securing the opportunities I have

- **What do I need to do to not lose the opportunities I have?**

Necessary actions: networking, application

Action planning / preparation

- **What are my goals?**
- **What resources can I rely on?**
- **Who cares about me?**

Necessary actions: clear establishment of a working schedule; activity planning