



# Tool

## Map of Choices

**PURPOSE:** An exercise designed to enable you to reflect on what motivates and matters to you, based on previous roles.

**SOURCE:** Adapted from Roman Krzanic, *How to Find Fulfilling Work*, (London: School of Life, 2012)

### HOW TO DO THE EXERCISE:

1. Allow yourself 10-15 minutes to draw a map of your career path so far. It could take any form – a line, a map, a picture. Don't worry how it looks!
2. Indicate on the map the different jobs you have done and also the different motivations and forces that influenced your career route – for example was a career decision influenced by money or status, passion or wanting to work closer to home?
3. You can also add other choices to your 'map' that influenced your decisions such as educational choices, parental expectations, career advice etc
4. Having completed your drawing/ map now spend another 10 mins looking at it and thinking about the following 3 questions:
  - What do you notice about your map? Are there any patterns? What emotions do you have? What does this map suggest to you about your overall approach to your working life to date?
  - Which of the following motivations have you given highest priority to in your career to date: money, status, (peer) respect, passions, talents or making a difference? Rank them from greatest to least important.
  - Which two motivations do you most want to shape your career choices in future, and why?
5. The PARALLEL LIVES EXERCISE can help you take this thinking forward in terms of assessing potential options.