

www.biomedbadass.com



info@biomedbadass.com

SUPPORT

COMMUNITY

ADVICE

## 5-YEAR CAREER PLANNER

*Writing a well-defined career plan helps you set goals and outline a strategy to achieve them. It is a proven method to accelerate career success. This 5-year career planner will help you layout this process in simple actionable steps*

HERE'S TO YOUR FUTURE CAREER SUCCESS

# 5-YEAR CAREER PLANNER (ENLAGE ON PHOTOCOPIER)

<b>Career:</b>			
<b>Assumptions:</b>			
Time frame <sup>3</sup>	Aims	Challenges	Risk Mitigation Strategies
5 years			
4 years			
3 years			
2 years			
1 year			
9 months			
6 months			
90 days			
Current			

## INSTRUCTIONS

1. Write your chosen career path in the career box (e.g. Academic researcher, MSL, patent attorney etc.)
2. Write down assumptions made about yourself that will help you action the plan milestones (e.g. I am a hard worker, high achiever, problem solver etc.)
3. Write down the aim of where you want to be in 5 year's time. Write it in the first section in the aims box (e.g. Departmental lead at a marketing agency/assistant professor etc.)
4. Write down your current situation in the bottom section (e.g. I am a postdoc with 2 years left on my current contract/I am a PhD student in my final year etc.)
5. Think of key milestones you expect to achieve for each of the remaining 7 time points and record them in the aims. Start by considering what you can do to take action towards your goals in the next 90 days. Then do the same for the remaining time points until you've filled the planner. It can be easier to work backwards from the 5-year point for later time-points
7. Once finished start your journey and enjoy the process!
8. Review your planner every 90 days and adjust according to requirements
9. For some of the steps you might encounter challenges/set backs that could prevent you from reaching your milestones. Note these in the 'challenges' column. When encountered, use the 'risk mitigation' column to think of strategies to circumvent challenges (e.g. Challenge: A sick relative who you need to take time to care for. In this situation, re-evaluate current and future milestones, change and/or extend timelines where required. Risk mitigation strategies: Time-management planning and saying no to activities that are not a top priority for milestone achievement)

