



THE MILLENNIAL CAREER WOMAN
Working with you to achieve your career goals.

THE MILLENNIAL CAREER WOMAN WORKBOOK





Welcome!

I am so excited you've decided to join us on this journey. Our mission is to help women succeed in the workplace and it is my hope that this workbook will give you actionable steps to progress your career.

The purpose of this workbook is to help you understand where you are in your journey, gain clarity on your goals, understand your strengths, and areas for development while mapping out your next steps.

This workbook will help you reflect on your career, set clear goals, and actively shape your career trajectory.

To get the best out of this exercise, I encourage you to be reflective and honest in your self assessment.

Love, Ade

Table of Contents

- 1 Self-assessment**
For you to know where you are in your career at the moment
- 2 Vision**
To understand your future self and what you want from your career
- 3 Challenges**
Helps you understand what's holding you back
- 4 Continuous learning**
Define your approach to growth
- 5 Motivation**
What motivates you and will keep you accountable
- 6 Action Plan**
Create a clear actionable plan for your career goals

Exercise 1 - Self-Assessment

In this section, I want you to assess your journey and how far you have come.

On a scale from 1-10, how satisfied are you with your current career?

What do you enjoy most about your job? What do you dislike?

What core values are most important to your career? (e.g., work-life balance, income, leadership)

Do you feel aligned with your current job or industry?

Exercise 2 - Vision

In this section, define your vision and your ideal career path.

What is your ideal career ?

What does career success
mean to you?

What does living a
purposeful life mean to you?

What are your short-term
and long-term career
goals?

Exercise 3 - Challenges

In this section, document the limitations you have the things stopping you from moving forward.

What is the biggest challenge to you achieving the career you want?

What self-limiting beliefs or fears are affecting your career?

What external factors are limiting you?

How can you overcome the identified challenges?

Exercise 4 - Continuous Learning

In this section, identify what you need for your daily progress and the giant leaps.

What skills do you need to develop to achieve your career goals?

How can you bridge your skills gap?

How can you become the best in your field?

Build your personal development plan over the next year.

Exercise 5 - Motivation

In this section, identify the things that will help you stay committed and how you will track progress.

What habits will you build into your routine to enable you achieve your goals?

What are you going to do differently to achieve your goals?

How will you hold yourself accountable to these goals?

How will you celebrate your wins?

Exercise 6 - Action Plan

In this section, develop clear actionable plan to help you achieve career success. Make your goals SMART (Specific, Measurable, Achievable, Relevant, Time-bound).

Set 2 short-term and 2 long-term SMART goals for your career.

List specific actions you will take in the next 30, 60, and 90 days to progress your career?

What support do you need?

Who can support your growth?



Thank you!

I hope you've found this workbook helpful and we have more resources on our website and social media pages. I'm also available for paid individual consultations and 1-2-1 coaching.

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