



Explore Your Career River

MyCareerRiver.com

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Career River Progress Mapping Worksheet

1. **List roles you have held (or could hold in the future).** You can combine job titles that were functionally similar into the same role. Put down as many or as few as you like.

2. **Score how well each role change above represented progress according to *your* definition of progress at the time.** Considering different types of progress listed below, how well do you feel each role allowed you to move forward overall? List positive numbers for overall progress, negative numbers for moving back, or 0 for no change.

Example: Role = Editor. Score = +2

Types of progress:

- **Status:** Advancing up the corporate hierarchy. Typically includes more responsibility.
- **Skills:** Developing new or building existing abilities, often opening up new opportunities for future work.
- **Stability:** Increasing your job security – less likelihood of getting laid off or experiencing uncertainty or unexpected change. Includes necessary salary.
- **Satisfaction:** Finding greater alignment between your interests and values and your work.

3. **Start to sketch the map of your river.** Place each role according to your progress scores, moving up for positive scores and down for negative scores. Play around with it!

Example: Bridget's early Career River

