

“Who I Am” Map

1. Lay out all your current and former roles, achievements, and personal characteristics to get a complete picture of everything you’ve done.
2. Think deeply about every role you’ve held, including part-time, volunteer, summer jobs, and so on. Consider any credentials, awards, certifications, degrees, or other designations that you’ve earned, and any situations where you were asked to speak, be on an expert panel, lead a visible project, or figure out the solution to a challenging problem. Remember to include committees, special task forces, or achievements you’re proud of.
3. As you complete this exercise, have an open mind and include anything that comes into your head, whether or not it seems to align with your new career direction.
4. Once you’ve exhausted the columns, determine what will be of most interest to your new target audience. It doesn’t necessarily matter when you held these roles, rather what abilities show how you fit the desired role. You won’t be a perfect match because you aren’t a traditional candidate. However, you likely have more experiences than you think that align with your new path. Dig deep!