

## Transcending Barriers to Professional Progress

**Read before choosing:** Check any below that apply to you and add your own ideas in the spaces at the end. Then put the top five in order of the most significant for you. Start with the first one. Commit to specific times for taking a few related concrete actions. Reach out to at least two people who will assist you or with whom you can collaborate. For any progress, acknowledge and reward yourself. Do not dwell on avoidance, errors, or detours. Instead, just ask what you can learn from what you did — or didn't do!

- \_\_\_ Not sure of what I really want to do or have difficulty expressing it well.
- \_\_\_ Do not think I have the credentials and credibility for what I want to do.
- \_\_\_ Lack the specific contacts I need to support my general progress and work search.
- \_\_\_ Want greater confidence about my self-presentation. Will work on:
- \_\_\_ Could become more effective at professional relationship building (aka networking) by:
- \_\_\_ Have trouble communicating effectively about \_\_\_\_\_ because:
- \_\_\_ Previous experiences have sapped my energy and optimism. Will move forward by:
- \_\_\_ Want to improve these two or three key transferable skills by:
- \_\_\_ Will further develop my sense of humor, perspective or proportion by:
- \_\_\_ Would benefit from attending to others' needs by:
- \_\_\_ Can spruce up my appearance by:
- \_\_\_ Will improve my follow through habits by:
- \_\_\_ Could find ways to collaborate with others I respect by:
- \_\_\_ Can improve my ease with people from different generations and cultures by:
- \_\_\_ Will further attend to finding good matches between who I am and what I do by:
- \_\_\_ Can expand knowledge of a range of relevant work possibilities by:
- \_\_\_ Want to learn about or improve my proficiency for:
- \_\_\_ Will avoid quick fixes for challenges and situations that require time and effort by:
- \_\_\_ I will stop mulling and over thinking matters instead of taking practical action.
- \_\_\_ \_\_\_\_\_
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