

**Career Progression and Development**  
**the 'how to keep on track' plan in 6 steps for all your challenges**

**Step 1: What is my challenge?**

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**Step 2: How can I use thoughts and ideas to get my challenge crystal clear? This is the research element.**

<b>Powerful role models:</b>  
<b>Provocative quotes:</b>  
<b>Inspiring stories:</b>  

**Step 3: What will I actually do?**

<b>By when? Give an exact date &amp; time!</b>
<b>My first step is</b>

**Step 4: What will get in the way? What will I give permission to stop me?**

<b>Personal limitations:</b>	<b>People:</b>	<b>External factors:</b>

**Step 5: What will support me?**

<b>Personal strengths:</b>	<b>People:</b>	<b>Resources</b>

**Step 6: Accountability – this is potentially the most crucial part of the whole process**

<b>To whom:</b>	<b>By when: Give an exact date &amp; time!</b>