



The Strategic Goal Mapping Framework



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Strategic Goal Mapping Worksheet

Use this worksheet to create your personalized roadmap from job search to career success

BEFORE YOU BEGIN:

- Set aside 30-45 minutes in a quiet space where you won't be interrupted
- Have a pen or pencil ready (writing by hand helps with retention and commitment)
- Think big picture first, then add specific details

STEP-BY-STEP INSTRUCTIONS:

- 1. Start with Step 1 (One-Year Vision):** Don't overthink this. Write what genuinely excites you about your career future. Be specific about what success looks and feels like. The more vivid your vision, the more your brain will work to make it a reality.
- 2. Break it down in Step 2 (Medium-Term Milestones):** Work backwards from your one-year vision. What needs to happen in months 3-6 to get you there? Set realistic target dates and be specific about what "success" means for each milestone.
- 3. Get tactical in Step 3 (Short-Term Actions):** These should be actions you can start immediately. Choose numbers that feel challenging but achievable (better to exceed a modest goal than fall short of an ambitious one).
- 4. Complete the Mindset Check-In:** This is crucial—your beliefs about yourself will determine how you approach your action steps. When you write down positive beliefs, you're training your brain to look for evidence that supports them.
- 5. Use the Weekly Tracker consistently:** Every Friday, spend 5 minutes recording your progress. Celebrating small wins builds momentum for bigger achievements.
- 6. Schedule Monthly Reviews:** Put a recurring monthly appointment in your calendar to review and adjust your plan. This keeps you accountable and allows you to course-correct as needed.

PRO TIPS:

- Keep this worksheet visible. Tape it to your bathroom mirror or keep it on your desk
- Share your goals with a trusted friend or mentor for accountability
- Don't skip the celebrations, they're not optional extras, they're fuel for your motivation
- Adjust target dates if needed, but don't lower the quality of your vision

Step 1: Your One-Year Vision

Where do you want to be 12 months from now?

Job Title/Role:

Company/Organization Type:

Key Responsibilities:

Salary Range: \$ to \$

Work Environment (remote/hybrid/office):

Work-Life Integration Goal:

How will you feel about your work in one year?

Your One-Year Celebration Plan: When I achieve this goal, I will celebrate by:

Step 2: Medium-Term Milestones (3-6 Months)

Milestone 1: Landing Your Next Role

Target Date:

What success looks like:

How you'll know you've achieved it:

Celebration plan:

Milestone 2: Successful First 90 Days

Target Date:

What success looks like:

How you'll know you've achieved it:

Celebration plan:

Step 2: Medium-Term Milestones (Cont.)

Milestone 3: Building Key Relationships

Target Date:

What success looks like:

How you'll know you've achieved it:

Celebration plan:

Milestone 4: Mastering Core Responsibilities

Target Date:

What success looks like:

How you'll know you've achieved it:

Celebration plan:

Step 3: Short-Term Action Steps (1-3 Months)

Week 1-2 Actions:

Update LinkedIn profile to reflect target role

Revise resume for target positions

Research 10-15 target companies

Set up job alerts on key platforms

Celebration:

Week 3-4 Actions:

Apply to 4-6 quality positions

Reach out to 3-5 people for informational interviews

Join 1 professional group or online community

Practice elevator pitch with trusted friend

Celebration:

Step 3: Short-Term Action Steps (Cont.)

Month 2 Goals:

- Apply to positions (quality over quantity)
- Complete informational interviews
- Attend networking events/virtual meetups
- Follow up on previous applications

Celebration:

Month 3 Goals:

- Continue consistent application schedule
- Practice interviewing weekly
- Expand network by new connections
- Complete skill-building activity:

Celebration

Weekly Progress Tracker

Use this section to track your wins (big and small) each week

Week of

Applications submitted:

Networking activities:

Skills developed:

Small win to celebrate:

Week of

Applications submitted:

Networking activities:

Skills developed:

Small win to celebrate:

Week of

Applications submitted:

Networking activities:

Skills developed:

Small win to celebrate:

Week of

Applications submitted:

Networking activities:

Skills developed:

Small win to celebrate:

Monthly Review Questions

What's working well in my job search?

What needs adjustment?

What have I learned about myself this month?

How will I celebrate my progress this month?

MINDSET CHECK-IN

Positive beliefs I'm cultivating:

I am qualified for the roles I'm targeting because:

I bring unique value through:

When I face rejection, I will remind myself:

What I'll do when doubt creeps in:

Remember: Success comes from consistent action combined with positive beliefs. Celebrate every step forward, no matter how small!

This informative document is presented by The Career Experts Group which is a select group of Master Career Practitioners and Personal Branding Strategists. We share one mission: to guide and support individuals at all stages of their career journeys, from new college graduates to C-Suite executives.

Our clients include neurodiverse workers, professionals of color, older workers, early-career professionals, career changers, and those returning to the workforce. Our own professional backgrounds are just as diverse: high-tech, education, counseling, marketing, human resources, recruiting, and entrepreneurship, to name a few.

Each member of the Career Experts Group is passionate about helping you get to work on your career. We've got you covered, no matter where you are in your career journey.

For a wealth of career-focused information, insights, and inspiration, visit the Career Experts Group website.

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