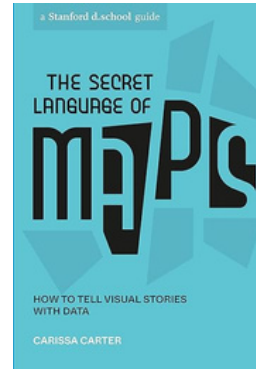


Borrowed Brilliance: how to map your career

Maps help us to make sense of the unknown and provide direction, but we don't just have to use them to navigate our way around the world, we can also use them to navigate our way around work.

In this episode, we borrow brilliance from Jürgen Appelo's article "I Started Drawing Maps" and Stanford Design School's book "The Secret Language of Maps".



Longer read



Quick read

Ideas to try



Map your energy

Draw two batteries every day for a week. One battery is green = moments that gave you the most energy, the other one is red = moments of least energy. Reflect at the end of each day on how your time at work has felt and what tasks and activities are in each battery. End your week by asking: How can I have more of the highs? How can I change or share the lows?

Map your career community

Spot who you help, who helps you, and where your career community could grow. Put yourself at the centre, add names, and draw arrows to show the direction of support (from you, to you or mutual). Use the width of lines to illustrate the amount of support (thick line = lots of support, thin lines = low amounts of support). Use the length of the line to show frequency (lines close to you = high frequency support, long lines further away from you = low frequency of support)

Map your career possibilities

Create a mind map to explore your development from different directions. Try using AI as a thinking partner with this prompt: *"I'm a XX in the XX sector. I'm curious to explore where my career might take me next. Act as a squiggly career mentor who has worked in lots of different roles and industries. Generate a mind map showing me 3 obvious career possibilities, 3 ambitious possibilities, 3 pivot possibilities and 3 dream possibilities for my career."*

Map your problems

If you feel a bit stuck in a knotty situation, try a facts vs feelings map. Create two columns on a page. On the left, write down the facts of your situation - what you know to be true. On the right, note your feelings, worries or emotions. Naming emotions can help you feel more in control of your response. Use your insights to come up with 3 'so what now' solutions.