

Introvert Career Planner

The Quiet
Growth Lab



WELCOME

THIS PLANNER WAS CREATED FOR THOUGHTFUL PROFESSIONALS WHO LEAD WITH CLARITY AND CONSISTENCY, NOT NOISE. IT'S A SPACE TO HELP YOU RECOGNIZE YOUR QUIET WINS, ALIGN WITH YOUR MANAGER'S GOALS, AND ADVOCATE FOR YOUR GROWTH - ALL IN YOUR OWN WAY.

HOW TO USE THIS PLANNER:

- USE THE QUIET WINS TRACKER WEEKLY
- REFLECT USING THE CAREER ALIGNMENT GRID
- PREPARE YOUR PROMOTION PATH WITH SCRIPTS AND REFLECTION PROMPTS

CAREER TRACK PLAN

SELF-ADVOCACY SCRIPT BANK

USE THESE PROMPTS DURING REVIEW MEETINGS OR PERFORMANCE CHECK-INS:

1. "I'VE BEEN LEADING SEVERAL PROCESSES THAT SUPPORT OUR TEAM GOALS. I'D LOVE TO EXPLORE OPPORTUNITIES FOR GROWTH."
2. "MY RECENT WORK ALIGNS CLOSELY WITH YOUR TOP PRIORITIES. CAN WE DISCUSS HOW I MIGHT ADVANCE THAT FURTHER?"
3. "I'M INTERESTED IN TAKING ON A LARGER ROLE OR STRETCH ASSIGNMENT. I'D LIKE TO HEAR YOUR THOUGHTS."

YOUR CUSTOM SCRIPT: _____

PROMOTION PREP: ROLE I'M EXPLORING: _____

SKILLS TO BUILD:

CURRENT HIGHLIGHTS / ACHIEVEMENTS:

SUPPORT OR MENTORSHIP NEEDED:

CAREER REFLECTION PAGE

WHAT'S CHANGING IN HOW I SEE MY CAREER?

WHAT DO I WANT MORE OF IN MY WORK LIFE?

WHAT IS NO LONGER ALIGNED WITH MY STRENGTHS OR VALUES?

WHAT ONE QUIET ACTION CAN I TAKE THIS MONTH TO GROW?

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