

CONSIDER YOUR SECOND CAREER

A Reflection & Planning Worksheet for Military Service Members

1. KEY PROMPTS FOR REFLECTION

What am I most passionate about?

What am I good at?

What have my experiences prepared me for?

What is the most valuable use of my skills, personality & gifts to help others?

2. TANGIBLE ACTION STEPS

☐ Options List: Make a list of options you are considering.

☐ Mentorship & Review: Talk to trusted friends/mentors about your initial list. Is there anything to add or cross off?

☐ Transition Specialist: Talk to a transition specialist (e.g., Marine for Life Network, Soldier for Life).

☐ Preparation Opportunities: Seek out opportunities to do things now that will prepare you for your next career.

3. REGULAR REVIEW & CALENDAR REMINDER

Set a calendar reminder to review this list regularly:

- More than 1 year from transition: Review at least once per year (e.g., birthday, service anniversary, or New Year holiday).
- Less than 1 year from transition: Review at least once per month.

My scheduled review frequency and date(s):

REMINDER ON CONTEXT & FOCUS

Take your current military service with the seriousness it warrants. Reflect on your second career during down times (e.g., leave, between duty stations, or relaxation time). As you take steps forward, clarity will typically follow. Keep this list handy and review it regularly.

This and other helps for your military journey at brianoday.com