My Career Milestones Journal

# *Challenge – Action – Results (CAR) Career Log*



For: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Role: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*“Career stories are like footprints made in your career…*

*With every challenge you encounter, you grow and expand your horizons…*

*you set an inspiring milestone and a shining example of success represented by the actions that you take and the impact that you make in the world.” – Lori A. Jazvac*

*“Never underestimate your unique value or the precious value of your milestones.” – Lori A. Jazvac*

***My Career Accomplishments / Milestones using CAR Method***

|  |  |
| --- | --- |
| CAR Story / Incident 1 | Challenge: |
| Date:  | Action: |
| Role: | Result/Impact:  |
|  |  |
|  | *Things I learned:*  |
|  |  |
| CAR Story / Incident 2 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 3 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 4 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 5 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |   |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 6 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 7 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
| CAR Story / Incident 8 | Challenge: |
| Date:  | Action: |
| Role: | Result/Impact:  |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 9 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 10 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 11 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 12 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |   |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 13 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 14 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
| CAR Story / Incident 15 | Challenge: |
| Date:  | Action: |
| Role: | Result/Impact:  |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 16 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 17 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 18 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 19 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |   |
|  | *Things I learned:* |
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| CAR Story / Incident 20 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 21 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
| CAR Story / Incident 22 | Challenge: |
| Date:  | Action: |
| Role: | Result/Impact:  |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 23 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 24 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
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| CAR Story / Incident 25 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 26 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |   |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 27 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |
|  |  |
| CAR Story / Incident 28 | Challenge: |
| Date: | Action:  |
| Role: | Result/Impact: |
|  |  |
|  | *Things I learned:* |