

# Life line exercise

Type:

Career planning

[Download \(lifeline exercise.docx - 751.62 KB\)](#) <sup>[1]</sup>

This exercise provides you with an opportunity to review significant decisions you have made in the past to help you make decisions about your future career.

It can be used as part of the [decision making](#) <sup>[2]</sup> section of our [career planning framework](#) <sup>[3]</sup>.

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**Source URL:** <https://www.healthcareers.nhs.uk/career-planning/resources/life-line-exercise>

## Links

[\[1\] https://www.healthcareers.nhs.uk/sites/default/files/documents/lifeline%20exercise.docx](https://www.healthcareers.nhs.uk/sites/default/files/documents/lifeline%20exercise.docx) <sup>[2]</sup>

<https://www.healthcareers.nhs.uk/career-planning/planning-your-career/decision-making> <sup>[3]</sup>

<https://www.healthcareers.nhs.uk/career-planning/planning-your-career>