The Beautiful Mess

A Chaos Theory worksheet
Based on Chaos Theory of Careers (Pryor & Bright, 2011)

Your career **doesn't follow a straight line**. It never has. The moments that shaped your path the most were probably the ones you didn't plan. This worksheet helps you see the pattern in what feels like chaos.

The Unplanned Moments & Where They Led

Write down some random or unexpected moments you've encountered - they don't have to be career moments - they can be friends you've made, parties you've attended, something you said yes to on a whim perhaps?

Unplanned Moment	Where it Led

- **What patterns do you notice** in how your path has unfolded?
- **How comfortable are you with uncertainty** right now, on a scale of 1-10? What would move you one point higher?
- **If you trusted** that the next unplanned moment could be as valuable as the last one, what would you do differently this week?