

Your T-Shaped Curriculum Worksheet

Chapter 7: Education

The T-shaped model helps you visualize your depth and breadth of knowledge as well as map out the skills you'll require to move from *today you* to *future you*. To this end, fill out the following empty T with the categories you think are most essential to achieving your career goals.

The horizontal bar should be filled with the categories you'll need to be fluent in to become *future you*—the ultimate change maker you want to become.

The vertical bar should be filled with the category you'd like to (or already do) specialize in—where you'll achieve mastery.

Either can include the categories listed above, as well as other professional skills (like having crucial conversations, giving and receiving feedback) or clinical skills (like reading and interpreting blood labs, diagnosing and treating special conditions).

A large empty T-shaped box for writing. The horizontal bar at the top is a wide rectangle, and the vertical bar below it is a narrower rectangle centered under the horizontal bar. Both are outlined in orange.

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book