MONEYONLINERS CAREER ACADEMY

Lesson 36 Workbook

How to Handle Career Setbacks, Rejection and Job Loss

Module 5: Long-Term Career Success

Focus: career setbacks

Purpose of This Workbook

Use this workbook to turn the lesson into practical career decisions and actions. Write specific answers based on your own goals, experience and circumstances. Revisit your answers as your career develops.

My Lesson Goal

By the end of this lesson, what do I want to understand, decide or improve?

Notes

Long-Term Career Audit

• What has changed in my goals, industry or responsibilities?

Notes

• Which skills may become more valuable?

Notes

• Which risks could weaken my employability?

Notes

Career Resilience Plan

• Name two skills to strengthen.

Notes

• Name three professional relationships to maintain.

Notes

• What evidence of my work should I preserve or build?

Notes

Next-Year Roadmap

• What role, responsibility or capability is my next milestone?

Notes

• What must I learn or prove first?

Notes

• What are my next 30-, 90- and 365-day actions?

Notes

My Action Plan

Turn what you learned into a small number of clear next steps.

Action	Deadline	Evidence of Completion

Key Lesson I Want to Remember

Notes

Career decisions depend on your goals, location, industry, qualifications and circumstances. Use this workbook for education and planning, and verify local employment or professional requirements when needed.