

# Your decision in your timeline

While no-one can predict the future, we still plan to achieve the future we want. It is easy when trying to make a career decision to get caught in the immediate future without considering the long-term outlook.

You will spend up to eight or nine years in training, these are often important years, quite likely with significant developments in your personal life. The next few years will require you to balance workload, training requirements and quite possibly changes to home life and responsibilities. You will, no doubt, do plenty of research into the training programme, the timings, exam requirements, placements. However, it is important to spend some time considering the life of the consultant in your chosen specialty as you will spend thirty years at a consultant level and in some cases, consultant work differs quite significantly from the work of more junior doctors.

Where do you want to be in 15 years' time? What do you want to be doing?

Where do you need to be in 5 years' time to make this plan happen?

What do you need to do now to get to that point in 5 years' time?

It is also important to hang onto some things you already have like friends and family connections.

What do you need to keep hold of as you move towards your plan?