

CHAPTER 4: ACTIVITIES SECTION

EXPLORING OUR PAST AND PRESENT TO INFORM THE FUTURE

The next set of activities are designed to get further clarity on your Desires-Abilities-Temperament-Assets:

- What do you really want at this point in your life?
- What's got you to this place?
- What does this tell you about your interests, strengths and values?
- What are you good at?
- What kind of situations are you most productive and satisfied in?
- What is your motivation?
- What environment are you seeking?
- What advantages or assets do you have?

They are designed to free you up so don't get too tangled up in the 'right' answer.

Another way of thinking about self-reflective activities is that they are like diagnostic tools, that let you undertake a self-assessment.

My advice is not to skip the activities section as real insights into what your next career could be will come from undertaking these. Each activity will provide you with more information and a different emphasis. They give you clues that over time will add up and provide you with a trend or pattern about what's going on for you and where it could lead.

Have you “prepared” before commencing these activities?

“Tell me what is it you plan to do with your one wild and precious life?”

Mary Oliver, poet