



Envision the Career and Life You Want to Create

Complete the visioning exercise described below. Jot answers to as many of the questions as you can, but don't feel as though you need to answer them all. "Vague" is okay!

Imagine, in your mind's eye, your ideal work and life situation. While you may not be able to visualize every exact detail, you will most likely be able to envision your basic hopes for your lifestyle and routine. For just a little while, allow yourself to dream the most desirable situation possible for yourself. Keep in mind that for now, you're only imagining what you'd like to create.

Find a quiet, pleasant place where you can think without interruptions. Ask yourself the following questions, and jot down your answers for each. If you're not able to think of an answer to a question right away, move on to another question, and then come back to the unanswered question later to see if you've had any additional thoughts.

Picture yourself sometime in the future. It could be two years, ten, or twenty. Whatever timeframe works for you, knowing that you have had enough time to create the situation you are about to visualize.

- Where are you?
- What are you doing in this picture? Who else is with you, if anyone?
- What tools and materials are you working with?
- What do you spend your time talking or thinking about?
- Which activities give you joy and pleasure?
- How are you feeling in this setting?
- What topics, issues, or thoughts take your attention much of the time?
- What problems are you trying to solve, or goals are you aiming to achieve?
- Who are you interacting with, if anyone?
- What benefits does your expertise create for others?
- What rewards do *you* receive from your work and activities?
- How are you compensated?
- What other pieces of your life exist that are important to you, but aren't in this picture that you're visualizing right now?
- What hobbies, places, activities, and events are you involved with?
- What are your longer-term goals?
- What are your efforts leading towards?
- How are you progressing and developing yourself?
- What are you aiming to achieve ultimately?
- What decisions have you made that support what is important and meaningful to you?
- What values do you honor every day that help you to maintain your sense of respect for yourself and the world?
- What beliefs and standards do you live by?

My Core Values & Beliefs

Consider what's important to you now, as well as what you're aiming for in the future. Then review this list of values below. Think about your values in the areas of **Career, Personal Development, Family, Financial, Health, Pleasure, Service, and Spiritual**. Circle those that are highly important to you.

Accomplishment	Independence	Honor
Focus	Attractiveness	Justice
Accuracy	Balance	Conviction
Challenge	Belonging	Helpfulness
Achievement	Bravery	Contribution
Dependability	Fun	Commitment
Clarity	Closeness	Compassion
Enjoyment	Adaptability	Fidelity
Dexterity	Joy	Intimacy
Determination	Comfort	Capability
Knowledge	Appreciation	Financial independence
Decisiveness	Encouragement	Investing
Cleverness	Fairness	Charm
Leadership	Contentment	Friendliness
Cooperation	Family	Growth
Expertise	Honesty	Humor
Completion	Connection	Excitement
Drive	Flexibility	Happiness
Fame	Abundance	Celebrity
Inventiveness	Control	Harmony
Correctness	Frugality	Affection
Learning	Effectiveness	Curiosity
Being the best	Efficiency	Daring
Concentration	Affluence	Intensity
Availability	Activeness	Discovery
Carefulness	Adventure	Integrity
Courage	Health	Other Values:
Acceptance	Energy	(in your own words)
Education	Heart	_____
Confidence	Composure	_____
Expressiveness	Ambition	_____
Consistency	Fitness	_____
Fearlessness	Amusement	_____
Coolness	Endurance	_____
Kindness	Beauty	_____
Humility	Calmness	_____
Assertiveness	Cleanliness	_____
Craftiness	Camaraderie	_____
Intelligence	Attentiveness	_____
Creativity	Generosity	_____

My Top Core Values & Beliefs

*Review the values you chose from the previous list, and select the 10 that are most important to you today.
Over time, aim to write a belief statement connected to each value.*

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.