

# IMAGINE your future & EXPLORE your past

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*Complete the Dream Day or Survey of the Past – whatever appeals to you more. Complete both if you want to explore more of who you are and what interests you.*

## **Dream Day:**

In one page, write about your “dream day.” There are no restrictions. Assume all the people in your life would wholeheartedly support your ideal day and assume you would make more than enough money.

Describe a “dream day” in terms of tasks and routines or rituals. It is not necessary to know what your actual job is, just the types of activities or tasks you might be doing and what the structure of your day might look like. Consider your natural cycles such as “think clearly in the morning...sleepy mid afternoon... night owl...” Allow yourself to imagine beyond the typical 8-5 boundaries if you choose.

## **Examples:**

“I get dressed and take the train into the city where I have a meeting with bright entrepreneurs. Together we are brainstorming about a new idea. Afterward I will do some internet research to clarify questions we had and work on a presentation for a client. I will use lots of graphics. Later I spend a few hours e-mailing and phoning people about our work...”

or...

“I wake up at 5:30 am and immediately get to work in my home office. I work on a computer for about four hours, revising others’ design plans. Then I shower and have breakfast and play with my kids for the afternoon until about 1:00. I leave the house to join colleagues at the office to...”

or...

“I wake up and I am on a transatlantic flight to Venice...”

## **Your imagination is your only limit!**

### **Prompts to help you describe your day:**

- Where are you when you first wake up? What time is it? Where do you live?
- What do you do first?
- When do you have breakfast?
- When do you start working?
- Do you stay home? Change clothes?
- Do you go somewhere? Where? What does the place look and feel like?
- Do you work with others or alone? If you work with others, who are they?
- What types of tasks do you do? What kinds of projects to work on?
- Do you use certain types of equipment to accomplish your work?
- Are there breaks during your work?
- How long do you work and on what?
- When do you stop working?
- Do you travel?
- How do you end your day?

Add any other questions you like. Have fun!

## Survey of the Past:

Use the following questions to help you reflect on past activities and achievements that you have enjoyed. Consider how you might build on these answers to help you define what you would like your future to look like.

- Have you participated in any student groups, taken part in any activities on campus, or volunteered in the community? Include activities over the past 5-10 years, or further back if applicable. Which of these activities did you enjoy the most? Why?
- What classes have you liked the most? Why?
- Have you held any jobs? If so, what were they? What parts did you enjoy, if any? Why did you enjoy them?
- List 3-5 achievements from the past few years that you enjoyed doing and are proud of.

When you review your answers, particularly your responses to “why,” do you find any **themes** that highlight your interests? How might you apply this information to the world of work? Can you think of any jobs or industries that match with these interests?