

A Brain Dump Exercise to get you started

A good starting point for Action Planning

- You don't have to organize anything yet
- No pressure to figure it all out or think about the "how"
- Include career goals, financial goals, life goals and everything in between. Think about what is most important to you to accomplish in your lifetime, and get specific. Think Beliefs, Values, Interests, Personality, Strengths
- Resist the urge to self-edit and imagine all limitations were removed.
- Discern between conscious goals and goals you think you "should" have based on other people's expectations
- You want to focus on the quality of your goals rather than the quantity
- The goals on that list should feel consciously created and authentic to you

<https://quarterlifejoy.com/need-a-career-plan-try-this-creative-career-planning-exercise/>

A Visualisation...to meet your Future Self

- Visioning is a powerful tool in career planning.
- Allows us to access our subconscious to connect with what is most important to us and how we can move forward.
- Compliments left-brain analytical and logical task of goal-setting so that we don't lose touch with the emotional experience we want to achieve through these goals.
- Close your eyes, imagine what your ideal day looks like in the future.
- Note the details, the colours, the people, the work you're doing, and most importantly, the feelings you experience as you imagine this.
- You can use visualization recordings to guide you or you can do it in silence [30-minute future visualization](#)
- Following on from the visualisation, note down the details that you visualised, even if they seem insignificant. Reflect on these notes over time.