

What Should I Do With My Life?

1. Circle Your Top 5 Basic Desires

MY TOP 5 DESIRES

Power the desire to influence others	Independence the desire for self-reliance	Curiosity the desire for knowledge	Acceptance the desire for inclusion	1. _____
Order the desire for organisation	Saving the desire to collect things	Honor the desire to be loyal to heritage	Idealism the desire for social justice	2. _____
Social Contact the desire for companionship	Family the desire to raise one's own children	Status the desire for social standing	Vengeance the desire to get even	3. _____
Romance the desire for love and beauty	Eating the desire to consume food	Physical Activity the desire for exercise	Tranquillity the desire for emotional calm	4. _____
				5. _____

2. Design Your Vision

I WANT THIS LIFESTYLE:

Some questions to get you going:
What will you do with your mornings?
What will do you for wellbeing? Will you have a family?
Where will you live? How will you grow as a person?

MY VALUES ARE:

Having already thought about your basic motivations, this is the natural next step and should hopefully come a little easier.

List the things that are most important to you.

MY STRENGTHS ARE:

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." - Einstein, apparently.
Whoever said it, it's true.

MY SKILLS ARE:

List the skills you already have. Think about any past jobs you may have had, projects, extracurricular programs, hobbies, volunteer experience, or anything else relevant. Include technical skills and soft skills.
Now, make a list of the skills you want to have in the future.

THESE ACTIVITIES FEEL MEANINGFUL:

What activities give you a sense of meaning?
What makes you come alive? What do all the things you enjoy, that feel meaningful, have in common?

THIS IS WHAT I WANT TO CHANGE IN THE WORLD:

This one's focused on the world around you. What change do you want to make to the world? Why? In what area do you want to leave the world a better place than you found it?

BRAINSTORM

What problems, challenges, and opportunities exist in the areas you're interested in?
That follow from the mental processes you most enjoy? From the things you'd like to change in the world?

Set a time for 2 minutes.

Now write as many as you can. No filter. You're allowed to write rubbish ideas down. The only rule is to keep writing.

Once the timer's done, it's time to refine. Circle 3-5 of the best ones.

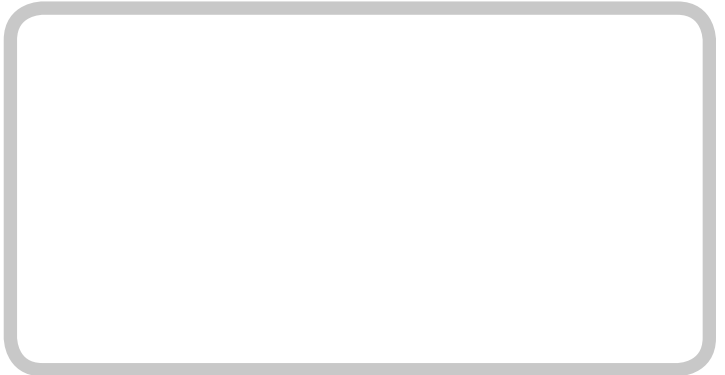
3. Concrete Next Steps

Now you'll build on the ideas you generated in the previous exercise. Go out and give some new things a crack!
It's time to get out of the comfort zone.

THINGS I COULD TRY



PEOPLE I COULD TALK TO



ORGANISATIONS I COULD INTERN AT



COURSES TO LOOK INTO



4. Snappy Summary

Here's where you boil it all down to a short, snappy summary. Try something like this:
[Desires] and [values] drive me to [activity], using my [strengths] and [skills] to effect [the change I want to see] in the world.
My next steps, [next steps] will take me closer to the life I want, in which [describe your target lifestyle]
and I achieve my goals.

