

5. Vision Activity: The Perfect Day

Every primary school child in the country will be able to tell you what they want to 'be' when they grow up because at that age teachers encourage children to express their hopes and dreams in writing activities with titles like, 'When I grow up ...' Look in your old school books and you will find you've done this too.

But there's a difference between 'be' goals and 'do' goals. If you only have 'be' goals ('I want to be happy', 'I want to be rich', 'I want to be famous') there isn't a road map to follow. How do you get there? It ends up being a dream, not a goal.

A 'do' goal is different – it focuses on what you want to spend your time doing. What a typical day at work looks like: when you get up, what challenges you face, what problems you solve, when you break for lunch, who you're with – these are more practical considerations that give you a clearer idea of what you are aiming for.

So in this exercise you're imagining your perfect day *at work*. (This means no sleeping in, watching movies or sitting by a pool in the sun – this is you earning money and surviving in the real world.)

» Are you working indoors or outdoors?

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» Do you work at home or away from home?

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» Who are you with?

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» Are you leading a team? Part of a team? Alone?

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» When do you start or finish your day?

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Vision

» What are you wearing to work?

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» What is your workspace like?

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Your answers to these questions might not tell you precisely what kind of job you should be aiming for, but they will help establish what interesting work looks like for you. Look over your answers.

If you had to pick one of the above as a non-negotiable – in other words, something you would need in your work to be truly happy – which one would it be?

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Final Thoughts

We've found the following topics tend to emerge as important factors in student responses. Do any apply to you? Ideas about travel, being outdoors, working in teams, celebrating successes, helping others, playing challenging games, creating fictional worlds, responding artistically to something, exercise and physical activity, companionship and leadership.

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