

## 8. Vision Activity: Fake It

Sometimes it feels almost impossible to make a decision. We've worked with lots of students who are torn between two or more goals. They can't decide between the two, three or even four options they've got. If this is the case for you, we have a solution – the 'fake it' method.

Here's how it works:

## Week 1

Choose one of your options. It might be applying to university to study geology, getting a business and management apprenticeship or taking a gap year.

For a whole week, you're going to pretend that you've made your decision; that the option you've chosen for the week is what you want to do with your life more than anything else. The burden of having to make a decision is gone – you've made the decision. You're not allowed to think about the other options at all for the whole week.

In pretending you've already made your decision, do the following:

- » Research the option – find out all you can about it. Use the section in the table below called ‘the facts’ to record your discoveries.
- » Get excited about the positives. What’s on the course? How much will you earn on this apprenticeship? What are the career prospects afterwards? Who else among the people you know has chosen that option? Why are they choosing it? What is making them excited? Use ‘the positives’ section of the table (on page 26) to collect your findings.

[illegible]

# Vision

Option 1, week 1	Option 2, week 2
The positives:	The positives:
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On Friday, make a note of the way the week has made you feel. Has it been a good week? Discuss it with a friend or a tutor and record some of your thoughts here:

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## Week 2

Choose another one of your options. (Not the week one option – you’re ditching that.) Now, you’re going to pretend that this is your decision. Repeat the process above, using the same table so you can see your notes side by side.

Now compare and contrast:

- » Which was the better week?
- » Which made you feel more excited?
- » Which was more enjoyable?
- » Which felt more like you?

Spend time with a teacher, tutor or friend explaining your responses. Use the space below to record your impressions:

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### **Final Thoughts**

We've encouraged students to use the 'fake it' technique to make decisions about other things too. Think about how you might use it to choose between employers, gap year options, a choice of coursework tasks, or university courses and accommodation choices. The key is to take yourself *beyond the decision*. It's already been made – all the stress and tension has gone. Now live in that imagined future and reflect on how it feels.