

## **CRAFT THE LIFE YOU WANT: 5 things you need to know**

To lead a fulfilling life, you need to grow and challenge yourself at every stage. Achieving and managing your dream career is a continual journey of self-discovery. By embracing and applying 5 principles, you can achieve career goals and be successful on your own terms.

<b>Change is constant – embrace it!</b> <b>Setting goals that are too rigid in this kind of environment can be dangerous.</b>	
✓ Recognize that the world around you is constantly changing	➤ continuous developments make it virtually impossible to keep up with the shifting labour market ➤ it's impossible to predict the skills and knowledge that will be required for jobs that might exist in the future
✓ The rate of change is accelerating	➤ people now experience many jobs, in different career fields and with different employers during their working lives
✓ Learn how to adapt to change	➤ everyone changes over time; who you are right now may not resemble who you may be in the future ➤ change brings opportunity ➤ those who are most aware of change are able to make positive choices and benefit from change
✓ Remain alert to new opportunities	➤ the future belongs to those who can see it coming

<b>Encourage the heart – know and believe in yourself</b> <b>Stay true to yourself.</b>	
✓ Pursue your passion to find fulfillment	➤ skills and knowledge are just tools that can go in and out of fashion ➤ personal values, beliefs and even dreams are a better starting point for career conversations
✓ Discover ways to combine your interests with career opportunities	➤ in a constantly changing environment, it's important to find things that are relatively constant

<b>Focus on the journey</b> <b>The everyday occurrences experienced along your way.</b>	
✓ Recognize that your career is a journey, not a destination, and that this journey is lifelong	➤ a journey is made up of experiences gathered along the way; whereas, the destination is merely a stop along the way
✓ it's better to focus on enjoying the process if the destination is	➤ focusing on the destination stops you from seeing the opportunities, new possibilities and potentially great relationships along the way

unclear because it's constantly moving	
✓ Focus on your goals throughout your journey and pay attention to everything you learn along the way.	
✓ It is better to be able to evaluate the impact of your decisions on an ongoing basis than to make the "correct" decisions.	

<p><b>Learning is ongoing</b></p> <p><b>If change is constant then learning must also be constant and be part of the journey.</b></p>	
✓ Strive for continuous personal and professional improvement	➤ formal learning may not always be an option so engage in everyday learning and personal development

<p><b>Build relationships</b></p> <p><b>Recognize the importance of interdependence.</b></p>	
✓ Recognize that connections to other people have an impact	➤ on decision making, ability to deal with change, understanding yourself, enjoying the process of an unfolding career journey, and engaging with everyday learning

Adapted from: Redekopp, Dave E. (1995). The High Five of Career Development. ERIC Digest

**\*\* This resource was developed by the Conestoga College Career Hub \*\***