

First Steps To Setting Career Goals

We all have dreams. Most of the time we spend thinking about our dreams, we seem to strive to find more negative reasons as to why not to pursue them than positive ones. The following questions are a preliminary step in discovering what your dreams are, who you are, and how you feel towards change.

On a piece of paper, jot down the answers to the following questions. (As you answer these questions, you may have more of your own that come up, just write them down and answer them, too.) You will want to use a separate sheet for each of your dreams so they do not get mixed up. Basically, these questions are just to weigh the pros and cons as you see them. You can then take the answers to your personal coach to brainstorm and discover the best way you can achieve your goals, find solutions to your concerns and fears, and turn your dream into a reality.

- 1. WHAT IS YOUR DREAM?**
- 2. IS YOUR DREAM FEASIBLE? (CAN IT BECOME A CAREER? OR IS IT JUST FOR FUN?)**
- 3. DO YOU HAVE ANY PROBLEMS (SUCH AS MEDICAL OR PHYSICAL) THAT WOULD MAKE PURSUING THIS DREAM NOT FEASIBLE? (I.E. YOU ALWAYS DREAMED OF BEING A PILOT BUT YOUR EYESIGHT IS BEGINNING TO FAIL YOU — IN ALL PROBABILITY THIS DREAM WOULD NOT BE ACHIEVABLE.)**
- 4. DOES FOLLOWING THIS DREAM REQUIRE A LOT OF EDUCATION, TIME AND MONEY, IN ORDER TO ACHIEVE IT?**
- 5. DO YOU HAVE ANY 'SKILLS' THAT ARE TRANSFERABLE TO YOUR 'DREAM' JOB?**
- 6. ARE YOU FINANCIALLY CAPABLE TO PURSUE THE DREAM, WHETHER YOU HAVE A SAVINGS ACCOUNT, NEED A STUDENT LOAN, A PERSONAL LOAN, ETC.?**
- 7. IF YOU ARE UNABLE TO QUIT YOUR CURRENT JOB, CAN THIS DREAM BE ACHIEVED ON A PART TIME BASIS? (I.E., NIGHT CLASSES, WORKING A SECOND JOB, ETC.)**
- 8. WHAT DO YOU FIND SO 'IDEAL' ABOUT THIS DREAM?**
- 9. WHAT DOES THAT TELL YOU ABOUT YOURSELF?**
- 10. HOW WOULD YOU FEEL IF YOU COULD TURN YOUR DREAM INTO REALITY?**
- 11. DO YOU AUTOMATICALLY FIND ANYTHING NEGATIVE ABOUT THIS DREAM? IF SO, WHAT?**
- 12. DOES ANYTHING ABOUT THIS DREAM SCARE YOU?**
- 13. DO YOU FEEL YOU ARE UP TO THE CHALLENGE?**
- 14. DO YOU HAVE SUPPORT FROM OTHERS IN PURSUING A CHANGE IN YOUR CAREER?**
- 15. HOW DIFFICULT WAS IT FOR YOU TO ANSWER THESE QUESTIONS? OR HOW EASY?**

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