



MAP OUT YOUR POSSIBLE FUTURES

Why?

It is difficult to achieve your goals in life if you do not know what they are. This is why it is good to occasionally stop and think of ideas, visions and dreams for your future. The same goes for your professional goals.

You may not reach your goals in exactly the way you hoped you would, but they will nevertheless point you in the right direction. When you have a destination that you want to reach, you will find alternative routes leading to it. If your goal is clear and concrete enough, you are practically already on your way there.

How?

The exercise is done in three stages. You can do it on your own or with a friend.

1. Mapping your options:

- On a blank sheet of paper, draw five empty circles with some room for writing.
- Think of at least three options (job titles, fields, organisations, etc.) that interest you at the moment. Write them down in the circles, one per circle.
- Inside the circles, jot down any interesting ideas you can think of, even if they seem remote or you do not yet have training or experience in the field.
- You can add as many circles as you need!
- When you are ready, stop to consider whether there are any options that you have previously abandoned but could possibly consider again. If you think of any, add them too.

2. Pruning your options. You can do this on your own or ask a friend to ask you the following questions:

- Which of the circles feels like the best fit at the moment?
- Is there a circle that you want to leave out? Why? If you leave it out now, can you reintroduce it later?
- If you choose one circle now and start pursuing it, will you rule out some other future scenario?

3. When you have chosen the circle you want to start with, consider the following:

- When would you like to be doing the thing written in the circle, i.e., when would you want this future scenario to happen? Immediately, after graduation, in five years, in ten years...?
- Why does this future scenario appeal to you?
- What strengths do you have that are relevant to this scenario?
- How do your current or previous studies support this scenario?



- Do you have any experience in the field? What skills relevant to this scenario do you already have from your work, hobbies and other domains of life?
- What studies would you perhaps need to pursue? How do you feel about it?
- Do you know where you can do this work? How does your situation in life support this future scenario? What would need to happen for this future scenario to be feasible?
- If this was to be your future, what would your next step or steps towards it be?
- On a scale of one to ten, how motivated are you to pursue this scenario? On a scale of one to ten, how realistic do you consider this scenario to be?
- Now move on to the second circle and repeat the process.

When you have done this with every circle, stop to consider the results of this assignment:

- What did you discover or realise?
- Which thoughts became stronger?
- What are your key takeaways?