



EXPLORING OPTIONS - ACTIVITY

How to think about the future

Believe it or not, the best time to start thinking about your future is yesterday. But today is also OK. The choices you make at school can influence your course and career options after Year 12. To warm up your mind to future possibilities, try this fun little activity below:

My dream job (8 years from now) Activity

WHAT YOU'LL NEED

- Pen and Paper
- A place to think without distractions
- The internet, a recording video or audio recording device (optional)



Part A – Daydream

WHAT TO DO

Take some time out to allow yourself to daydream about where you'll be 8 years from now. Don't hold back, dream as big as you can!

- Do you have a qualification?
- Do you live in Tassie or somewhere on the mainland?
- Do you have a partner?
- Do you have a family?
- Are you saving up to buy your own house?
- Do you have your own business?
- Do you catch up with friends?
- Do you play sport?
- Do you have hobbies?
- Do you help with volunteer in your community?
- What do you do on weekends?
- Where do you go on holidays?
- What other activities do you fill your life up with?

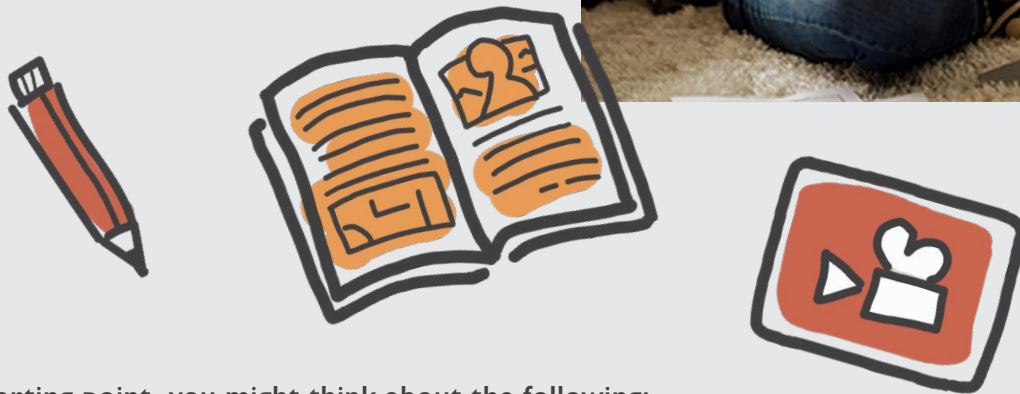


Part B – Write your story

WHAT TO DO

Now we want you to let your imagination go crazy. Tell a story about your dream job and your life in 8 years from now. You can do this in all sorts of ways:

- Write a story
- Draw a comic or a picture
- Make a video or audio recording
- Create a mood-board that represents how you're living, working and playing



As a starting point, you might think about the following:

- What clothes do you wear for work? Do you have a uniform? Do you wear business attire or casual clothes? Do you wear hi-viz work clothes?
- Where is your workplace? Are you working in the city or country? Are you outdoors or indoors? Are you in a school, hospital, office, mine, shop, construction site, on a farm, on water, or somewhere else?
- What tools, technology and equipment do you work with?
- What are your work tasks?
- Do you work 9 to 5 Monday to Friday? Do you do shift work? Or do you work your own hours?

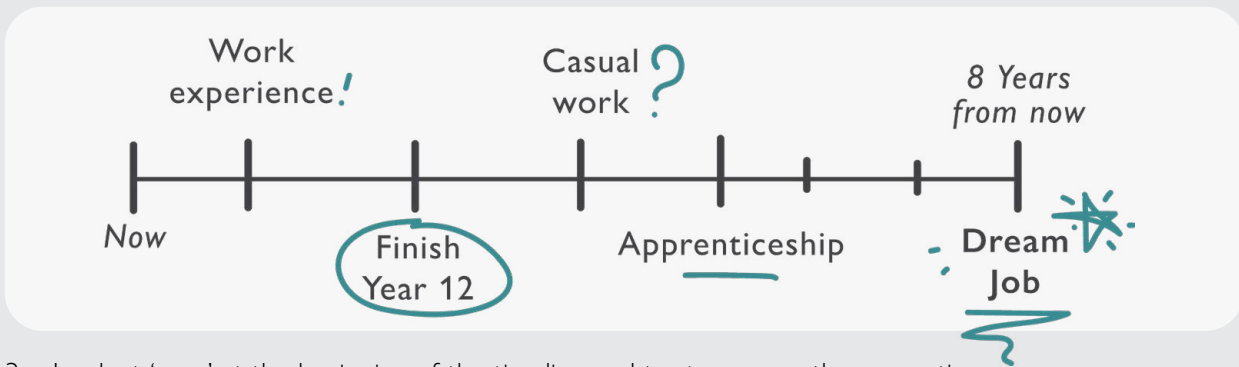


Part C – Draw a timeline

WHAT TO DO

After completing Parts A & B, is your future looking pretty awesome or what? But hang on, you're not quite finished...

1. Draw a timeline, at the beginning mark 'now' and at the end mark '8 years from now'
2. Go to the end of the timeline where it say '8 years from now'. Then go backwards marking the steps you would have take to reach the end of the timeline. Work backwards until you reach the beginning of the timeline at the 'now' mark. For example, if you want to be a bricklayer write that down at the "8 years from now" mark. What would help you to get that job? An apprenticeship would help, so add that to the timeline before the '8 years from now' mark. Before the apprenticeship you might want to try some casual work with a brick layer. Add that to the timeline before the apprenticeship. Before the casual work you may want to finish Year 12 or do work experience, add that to the timeline. And so on.



3. Look at 'now' at the beginning of the timeline and try to answer these questions:
 - What actions can you take to progress from 'now' to the first step on your timeline? How will you do it?
 - Are there any obstacles you might encounter along the way?
 - Who can help you?
 - How will you feel when you get to the first step?
 - How will you keep on track to reach each step along the way to reaching your dream job?

This exercise helps you to see what sort of actions you can take to get to the life you'll love. Also, by breaking it up into smaller steps, you can see how achievable it is.

Keep this 'timeline exercise' handy. You can go back to this anytime to review what you've done today, or to have another go at it.



Key Takeaway

Start thinking about your dream job now. And dream BIG. Write your story and put together a timeline for how you'll get there.