



EVOLVE+SELF

Dream Job Worksheet

Worksheet

Step 1

Ponder each of these questions and complete them all, and remember, there are no wrong answers.

However, don't think about the salary or possible other benefits a specific job promises. If you get stuck, repeat "if money was off the table, what would I choose?"

Most importantly, our aim here is to connect on a deeper level to your **emotions and feelings** — that is where the real magic lies — **getting clear of all expectations** regarding what you do with your life: your own, your family's and society in general.

1. I've always wondered what it would be like to do _____

It has interest to me because _____

For example, to fly a plane/be a pilot. All that travel sounds fantastic.

2. If I could choose one friend to trade jobs with, I'd choose _____, because _____

Maybe they have more freedom and don't work in an office, they travel more or get to meet celebrities.

3. Further, if I had a free day that had to be spent 'working' on something, I'd choose _____

_____ because _____

When you were little, what did you do to fill your days?

4. If I had the right education or skill set, I'd definitely try _____

because _____

Sometimes not being able to further our studies after school can hold you back. Maybe you always wanted to be a dentist, but getting into medical school just was not an option in your family.

5. Similarly, if I had to go back to school tomorrow, I'd major in _____

because _____

Now that you are older and wiser than a fresh out of school teenager, what would you do with your time? How have your interest and hobbies grown over the last few years?

6. If my boss would let me, I'd do more of _____

because _____

Sometimes your responsibilities in the office don't allow you the freedom to tackle projects you like and want to do more of, what are they?

EVOLVE+SELF

7. My co-workers and friends always say I'm great at _____
because _____

You know that thing you always get asked to do, that one.

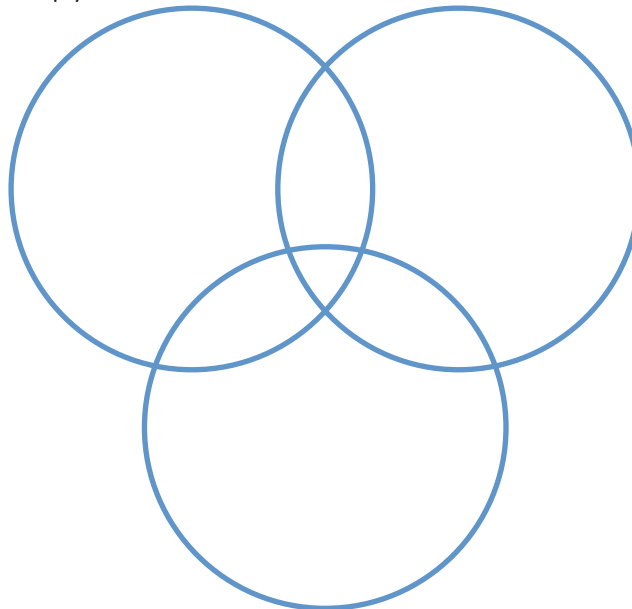
8. When I retire, I want to be known for _____
because _____

The legacy you leave to your family and friends. Remember, you are replaceable at work, but not to your family.

Step 2

After that bit of soul-searching, take a look at your answers. See if you can identify any overlapping themes (e.g. creativity, working with people, working alone or with a group). Write them down below.

Even use this Venn-diagram if it will help you.



Step 3

In conclusion.

By now, you have realised some of your interests might have common ground. You might even have felt a little spark when a new idea popped into your head. **What have you learned about yourself**, what makes you excited? Do you see new ways you can bring this into your work life? You might not be able to make a drastic career shift, but engaging in some activity that brings you joy and excitement, will make it easier to deal with less than perfect co-workers and an unpleasant work environment. To sum up, look at how you can combine your current skills with your interests.

Want more help?

Visit www.evolveyourself.co.za for tips on writing a cover letter, surviving interviews and changing careers. I can also help you write a new CV and find the job you love!