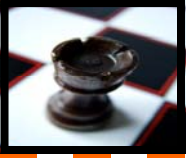


# Career Strategy WORKSHEET



# Career Strategy WORKSHEET



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**JOB TITLE** (Write Above)

**WHO** — Other than yourself, is involved in your career strategy?

- Family/spouse/significant other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Current employer/s: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Friends and mentors: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

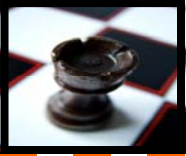
**WHAT** — type of training/connections will you need?

- College or other post secondary degree/training:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- On-the-job or apprenticeship programs  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Mentor/networking based like connecting with people that have contacts in the career area you have chosen  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WHERE** — will you get that training (or make those connections)?

- What are the names of the colleges or other post secondary schools/training facilities?  
\_\_\_\_\_  
\_\_\_\_\_

# Career Strategy WORKSHEET



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- Where are these schools/training facilities located?

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**WHEN** — will you attend the school/training facility?

- When can you attend these schools/training facilities?

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- How long will you need to attend to obtain the degree or training certificate?

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- By when do you want to graduate? \_\_\_\_\_

- ⇒ When you write down a deadline, you own it.
- ⇒ When you own it, you have a better chance of achieving your dream.
- ⇒ How much will it cost to complete the degree/training?

**WHY** — do you want to pursue this career field? **(This should really be question #1.)**

- You need to have a compelling reason why you want to pursue this career (write it here):

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- Why do you want to do this:

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- ⇒ To help others
- ⇒ To have fun
- ⇒ To make earn a good living

**HOW** — Does this strategy need to unfold?



# How to Create a DreamBook™



Here is a list of what you will need to create your DreamBook®.

1. Three-ring binder with inside pockets
2. Three-hole punch
3. Divider pages with tabs (three-hole punched)
  - White card stock (8 ½ X 11)
  - See sample categories below
4. Notebook paper
5. Plastic pen holder, used to hold the following:
  - Pens and pencils
  - Glue stick
  - Tape
  - Small sticky notes and dots
  - Small scissors
  - Stickers (fun stickers)
  - Colored markers

Here are some sections you may want to use in your DreamBook®.

- My Master Dream List
- My Treasure Map
- My Journal
- My Dreams & Goals

Below are a list of the “specific” categories you may want to use under the “My Dreams & Goals” section:

- Personal Growth & Development
- Work & Career
- Family & Relationships
- Finances & Investments
- Travel & Entertainment
- Creative Expression
- Make-a-Difference

We recommend that you have at least a **Master Dream List**, **My Treasure Map**, **My Journal** and **My Dreams and Goals** for your DreamBook®.

Your **Master Dream List** is a list of everything and anything you might want to do, be, or have, or places you’ve always wanted to visit, or people you’ve wanted to meet. It ALL goes here. As you choose to work on a specific dream from your Master Dream List you will move it to your **Dreams and Goals** section for charting current goals.

The **Journal** is your special writing place where you can chart your progress, moan and groan, or write about your challenges and special issues. It’s kind of like talking to yourself on paper. It’s a great way to process your stuff and focus on “what you really want.” Journaling is an amazing tool for clarity and cleansing.

In your **Dreams and Goals** section you, will chronicle your current goals, including an action plan for each goal and a visual DreamMap® that represents you achieving that goal.

Create each of your divider pages either manually or with your computer. Divider pages may be custom designed using 8½” X 11” white or colored card stock paper. You can add the divider tabs (we use small address labels, stuck on the divider page and folded in half), or you can buy the divider tabs that furnish labels you fill in and slide into the tabs.

Label each page according to the categories you’ve thought of or from those listed above. Add whatever additional categories you’d like. The listed categories are merely a starting place and should cover all the basic areas of your life for which you may have dreams and goals.

Next, add your divider pages in order, starting with **Master Dream List**, **My Journal** and so forth. It’s important to have your Master Dream List and Journal at the front. They are the categories that you want to focus on and access most frequently. Behind each divider page, add several pages of notebook paper for your special notes and for writing down your goals and action plans. Below you will see a sample action plan and visualization page.

\* Excerpt from *Dream Circles, How to Make Your Dreams Come True Through the Power of Sharing*, Katreena Hayes-Wood and Candace Ryan, ©2005. For more information email: Info@MyDreamBook.com.