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## Visualization Exercise

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*If you're still exploring options and unsure what makes the most sense, this visualization exercise may help reveal some unconscious parameters.*

*Have a friend or career coach read the following imagery for you, or read through the exercise first and then imagine it on your own.*

Imagine you are starting a typical day about five years from now. It's a workday. You're trying to decide what to wear. Look over your clothes. What do you finally decide to wear?

Imagine you are looking in the mirror as you get ready. How do you feel as you think ahead to your day at work? Calm? Excited? Bored? Afraid?

Where are you? Do you live in a house? Apartment? In a city, suburb, or a rural area?

You're ready to head for work. Do you stay at home? If not, how do you get to work? How far is it? Do you work in a city? Suburb? Rural area?

You are entering your workplace now. Stop for a moment and try to get a mental picture of your workplace. Where is it? What does it look like?

What people are there? How many do you work with? What are they doing? (PAUSE)

Complete your morning's work. Form an image of the things you do on your job. Think about what you are actually doing. Are you working with ideas or adding figures? Are you in a lab? Are you working with people? Talking with them? Helping them in some way? Are you using tools or running a machine? Do you work mostly by yourself or with lots of people? Are you mostly inside or outdoors?

Now it's lunchtime. Where do you go? Who are the people you eat with? What are they like? What are you talking about?

Return to work now and finish the workday. Is anything different from the morning's work? What is the last thing you do before you quit for the day?

Your workday is coming to an end. Has it been satisfying? Frustrating day? What has made it so?

Write down your responses to the following questions:

- What is your reaction to this exercise?
- What feelings, thoughts or experiences did you have?
- What did you realize about yourself and your plan that you did not realize before?
- How have you or your goals changed as a result of this experience?
- What goals would you like to set for yourself now?
- If you are not ready to set a goal for yourself, what additional information do you need?

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As you reflect on your visualization, feel free to come meet with your Career Coach. We're happy to provide you with guidance and assistance in your career planning process.

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