

WISE WANDERINGS: 3 SYSTEMS FOR CAREER PLANNING:

1. **Probability Planning:** Goal-based system. Useful when you know the expected outcome.
 - a. I plan to attend law school.
 - b. My goal is to work for _____.
 - c. I plan to become a high school history teacher.
 - d. I plan to continue my work in the field of _____.

2. **Possibility Planning: Possible Lives.** Useful when you have up to 5 options for the future.
 - a. I am considering either grad school or a career in _____.
 - b. I am thinking about social work, teaching, or counseling.
 - c. I would like to work in business, but also do something international- maybe teach English as a second language.
 - d. I want to stay in a field related to my previous work in _____, but I am considering several options.

3. **Intention-setting: Seeking the Butterfly.** Useful when you don't know what you'd like to do.
 - a. I would like to do something international.
 - b. I would like to work with people.
 - c. I don't know what I can do.
 - d. I'd like to find something interesting.
 - e. I know my current field has dried up—but I'm not sure what to do now.

PROBABILITY PLANNING

Goal: _____

Current date: _____ Date to achieve goal: _____

Time remaining: _____

List of Steps to Attain Goal:

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

Breakdown of timeline to achieve goal:

By _____ (Insert date) I will have completed the following steps:

1	
2	
3	
4	
5	

By _____ (Insert date) I will have completed the following steps:

1	
2	
3	
4	
5	

By _____ (Insert date) I will have completed the following steps:

1	
2	
3	
4	
5	

By _____ (Insert date) I will have completed the following steps:

1	
2	
3	
4	
5	

POSSIBILITY PLANNING

Possible Life #1

Possible life #2

Possible Life #3

Possible Life #4

INTENTION SETTING: SEEKING THE BUTTERFLY

If you don't know what you want to "do" – then that's your goal: to decide what career paths you you'd like to pursue. Don't get caught up in the moment's indecision: focus instead on what you'd like to have or do next. For example, perhaps you need to find a great internship or summer job.

Set some intentions and write them on your notebooks, on post-it notes you place on your mirror, or other places where you're likely to see them. Set your plans as intentions and then pay attention. Here are some sample intentions to get you thinking:

- I am creating an amazing career plan.
- My intention is to go calmly through the job search process, honing my skills.
- My intention is to attract helpful people who can assist me with my career plans.
- I'm creating an interesting future for myself.
- I intend to find an interesting international opportunity.
- I'm attracting all the information I need.
- I am in the process of finding a great opportunity in nonprofit services.
- I am developing a writing career.
- My intention is to attract a great job in the advertising field that allows me to use my talents and skills.
- I'm going to find a way to work with children this summer.
- I'm excited at the thought of finding my career direction.

Now it's time to create your own intentions. Fill in your ideas below or write them on the blank lines:

1. I intend to _____.
2. I am seeking _____.
3. I am developing _____.
4. I am creating _____.
5. I'm in the process of _____.
