



The Arc Minnesota

Coaching Series:
Your Dream Job

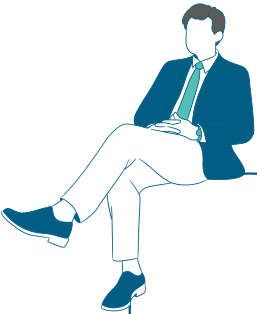


If there were no barriers, and money was not an issue, what would your dream job be? What would it look like? Who would be in it? Where would it be?

This is not the worksheet for being practical—think ideal! It doesn't have to be something that currently exists—use your imagination!



Describe or draw your dream job:



A large rectangular area enclosed by a thin blue line, intended for describing or drawing a dream job.



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Now let's think about the parts of your dream job that you listed or drew. Write those pieces in the "What" column. Example: If your dream job was to be a doctor, parts of that job might be caring for people and learning new things.

Next, think about why you really want the job you wrote in the "what" column. Again, if you want to be a doctor and care for people, is it because you want to make them happy or healthy? Whatever your reason, list that in the "Why" column.

Finally, in the "Now" column, think about how you can work toward your dream job right now. You might not be a doctor anytime soon, but you can focus on a job where you are caring for people and get more experience along the way!

My dream job is: _____

What	Why	Now