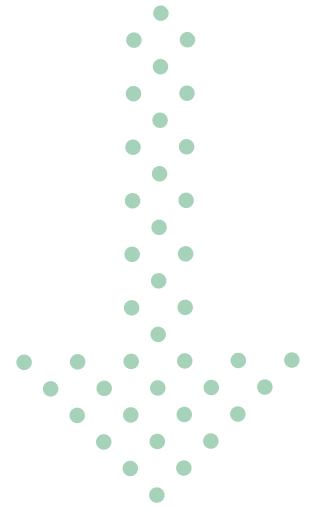


Chapter 3: Accomplishments, Beliefs, & Dreams

This section is designed to help you examine the beliefs that you have about yourself, the world of work that could impact your career decision making, and your ability to successfully implement your career plan.

We gain messages about work or our careers from a young age. These beliefs and ideas help shape our expectations about our career. This information can come from parents, other family members, friends, our culture, and the media - just to name a few sources.

It is important to examine these beliefs and how they may help or hinder you. For example, your parents may have told you that “you have to get an education” or that “you will take over the family business when you’re ready” or “a job worth doing, is worth doing right.”



As we move forward into the next section, you will think about your dream career. Identify what is important to you versus a message that has been shared with you but does not coincide with what you value or how you want to shape your career choices.

Instead, focus on what is most important and will impact your choices in your new career. This is a good foundation from which to start your career planning.



REMEMBER:

Your dream career does not have to be a specific role at a specific organization. Instead, your dream career can be a feeling or set of circumstances that allow you to live a happier, more fulfilled, and successful life.

Messages Regarding Work and Your Career:

Identify your beliefs regarding work and your career and note whether you still agree with the messages you have received, using the following scale:

1 - Strongly Disagree 2 - Disagree 3 - Uncertain 4 - Agree 5 - Strongly Agree

Statement	My Agreement
Example: <i>I need to be in a career that requires university level education.</i>	4

.....

Career Beliefs

The following exercise examines commonly held career beliefs, which you will rate on a scale of strongly agree to strongly disagree.

This will help you and your counsellor examine which beliefs are positively impacting your career plan and which are negatively impacting your career planning.

Strongly Disagree Disagree Neutral Agree Strongly Agree

There is only one career suited to me.					
I don't have a lot of time to plan my career.					
Everyone else seems to have their career direction figured out.					
Others influence my career decisions to a large extent.					
It is possible to pursue more than one career at a time.					
My career should always be planned.					
It is common for people to change careers in their lives.					
I am in total control of the direction of my career.					
My career identity is tied to my self-esteem.					
My career decision is irreversible.					
It is my responsibility to manage my career.					
Career change indicates failure or indecision.					
The career ladder equals career success.					
There is only one path for a given career.					
It is important for me to achieve some sense of meaning from my work.					
I am not sure that I have the abilities required to start a new career.					
I have difficulty making decisions, especially big decisions like choosing a career.					

REFLECTION:

Identify 5 career beliefs from the previous two tables that you believe could have a **negative** impact on your career planning. Explain your rationale for how each belief could negatively impact your career.

	Beliefs	Rationale
1.		
2.		
3.		
4.		
5.		

What are some strategies you can implement to minimize the negative impact of these career beliefs?

1.	
2.	
3.	

Identify 5 career beliefs that may have a **positive** impact on your career. Explain how each belief will impact your career positively.

	Beliefs	Rationale
1.		
2.		
3.		
4.		
5.		

Refer to [page 182](#)

CAREER CRITERIA SUMMARY



Consider some of the messages and beliefs you have about your career.

Take a moment to add these to the "**MESSAGES OR BELIEFS TO BE AWARE OF**" section of your Career Criteria Summary!

Accomplishments

Complete the table below for various periods in your life, choosing the **achievements** that you are most proud of.

For each achievement noted, include:

- the age at which it took place
- the particular skills you used to accomplish it
- why you are proud of this accomplishment

Achievements	Age	Skills Used	Why Are You Proud?

Ideal Career & Lifestyle

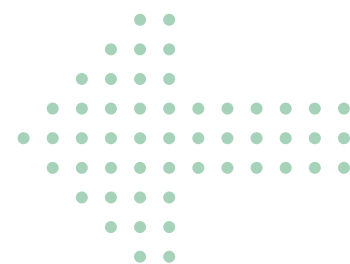
The next section will be an opportunity to dream about your ideal career and lifestyle. Identify what is important to you versus a message that has been shared with you but does not coincide with what you value or how you want to shape your career choices.

Focus instead on what is most important and will impact your choices in your new career. This is a good foundation from which to start your career planning!

Our dreams typically reflect our values, interests, and aspirations. Your dream career does not have to be realistic, so open up your imagination!

What would you do if you could do anything, if there were no barriers or limitations and you were not afraid...what would you do if you knew you could not fail?

When you're in a positive mood, find a place where you can dream about your ideal career and life. Project yourself 5 - 10 years into the future or a time when you can imagine reaching your ideal lifestyle.



- What would you be doing each day or each week?
- Who would you be talking to?
- What kind of conversations would you be having?
- What types of people would you be interacting and conversing with?
- What environment would you be in?
- How would your days be structured?
- Where would you be living?
- What would the rest of your life look like?
- How would you be feeling?

Depending on your preference, you may choose to use the structured questions (**Option 1**) or write about your ideal career and lifestyle (**Option 2**).

You may also utilize a combination of both!

OPTION 1:

My Ideal Career & Lifestyle - Descriptive Breakdown

A) Day-to-day tasks and responsibilities - Identify the main duties/tasks of your ideal career; describe **what** you are doing, and **how** it is done. If you can, include an estimate of the percentage of time you would spend doing each task.

Duties/Tasks/Aspects of Your Ideal Career	% of Time

B) What is the purpose of the job or primary focus of your ideal career?

C) What types of skills and knowledge are required for this work?

D) What type of position is it? Select all that apply.

Permanent		Full-time		Multi-tracking	
Season/Sessional		Part-time		Shift Work	
Contract		Casual		Evenings & Weekends	
Self-employed		On-call		Evenings & Weekends Off	

Other important details about your ideal work schedule:

E) What kinds of people would you want to work with; who brings out the best in you? Try to think about your leader, colleagues or the people who might be reporting to you if you would like to be in a leadership role.

F) Describe your ideal work environment: Indoors or outdoors, an office building, a farm, a boutique, at home?

G) Think about whether you would prefer to work for yourself, or under the supervision of someone else. i) Describe the type of direction you would like to receive from a leader or a mentor:

ii) What would be the ideal format of your work reviews? (e.g., how often would you have a formal review and the format of the review, or is all feedback informal?)

iii) What is your preferred form of recognition? (e.g., I just like to be told I've done a good job, a bonus, etc.)

Please add any other relevant details:

H) Dream Life:

i) Where are you living?

ii) What is your home like?

iii) What are you doing in your leisure time?

iv) Who are you spending time with (family, friends...)?

OPTION 2:

My Ideal Career & Lifestyle - Written Overview

Describe, in your own words, how you would envision your ideal career in as much detail as you can: