



Dream Career Visioning Exercise

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Dream Career Visioning Exercise

This exercise invites you to imagine and explore your most inspired dream career. It will allow you to get a sense of the kinds of things that you would like to see in your career.

You must be in a quiet location where you will not be disturbed. Quiet your mind and suspend judgement and analysis. It's ok if you can't SEE your vision. Some people just feel it or sense it.

To carry out this exercise, download the MP3 from my web site, or get a friend to read the following transcript to you, or record yourself speaking the transcript and then play it.

Transcript *(To be spoken slowly, in a calm and gentle voice)*

Sit comfortably and close your eyes. Take a deep breath and as you breathe out, relax your whole body.

PAUSE...

Now imagine yourself floating upwards – very high up

Look down and see your present self directly below you

See yourself on a timeline - Your past stretches out in one direction, your future to the other

Now, look along the timeline to the future

And now, notice a point on that line where you will be **in a career you love!**

Imagine there are no restrictions. You can have anything, do anything and be anything you wish!

This is a magic place where anything is possible.

From above the timeline, see your future self fully experiencing **your most inspired career!**

Take a few moments to watch and notice...

PAUSE...

Now, **step into the picture** and **feel** what it is like.

Take a moment to adjust it until it feels just right.

BE the person you want to be.

PAUSE...

When you have it just right, ask yourself...

Who are you being?

What type of things are you doing?

Why is this **fulfilling for you?**

How are **others** positively affected?

PAUSE...

Now, notice the **skills and qualities** that you have as your future self. Make a mental note of these.

PAUSE...

Now gather together the qualities and the feeling that you have as this future self and holding these, float up high above the timeline again.

Thank your future self and let the image fade.

Then **float back** into your present self, knowing that your future ideal **already exists** and as you hold the qualities of that future self and feel how it feels to **already have it**, know that all you have to do is stay focused and continue on the journey.

When you're ready, take a deep breath and gently bring yourself back.

Then, **write down your insights**



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Record your thoughts

What types of activities were you DOING?

Who else was in the picture? (colleagues, clients, etc.)

What did you love most about this situation?

What was the atmosphere of the place? (Large organization, small fast-paced, on your own, etc)

What skills and qualities did you have?

Other observations or insights...

The most striking aspects of my most inspired dream career are...