

The roles I perform

Think about the roles that you perform right now in your life - for instance, as a student, a worker, a spouse, a sibling, a homemaker or a leisure-ite (that's you relaxing!).

First, **focus on the left-hand side of the page** and picture yourself in the most important roles, according to the time you spend doing each role in a regular day or week. Start with the role that takes most of your time and keep going down the list. You can draw, sketch, use keywords or even write a story!

Now **focus on the right-hand side of the page** and think of the role that is most meaningful and important for you, for who you wish to be or to become in your life. Write this on top of the list, and continue with the other roles, in order of personal importance.

1.

What I really like doing

Take a brief moment to pause and think about the last moment you felt really happy doing something. When you have been feeling fulfilled, when you felt that what you are doing matters, or perhaps leading to meaningful results.

What was this activity? Were you talking, or reading, or working with your hands? Cooking, gardening, helping others? Visiting a museum, playing a musical instrument, or doing sports?

You can describe one or more activities you really cherish. But most importantly, try to picture what is it that you love about doing that specific activity: does it involve talking, listening, helping, making things with your hands, or creating ideas in your mind..?

2.

What I am very good at

Take a moment to think about your qualities and skills. Are you very creative? Are you good at organising others? Are you a great cook? Or you always lend a hand to others?

Think of what your number 1. quality is, what others appreciate about you, but also and mostly what you believe that you are really good at.

You can draw, sketch or write to describe your skill and why it matters.

3.

What I wish to achieve in life

Now take a moment to focus on the future, a desirable future, one that you create yourself. Picture yourself achieving what you most wish to achieve in life. See yourself in an actual setting, see your feelings of accomplishment and fulfillment.

What is it that would make you feel so accomplished? What do you wish to achieve in your life? This can be a material thing, or a feeling, the presence of people, an activity you cherish, or one that has meaningful results that make you proud and complete.

Draw, sketch, write or make a collage to illustrate your ideas.

4.

My inspirational figure

Think of the person or people that most inspire you. Think about why she or he inspires you so much and try to identify the qualities that you most appreciate about them. They can be family members, friends, celebrities, from real life or followed online.

If you have a picture that either portrays or evokes your inspirational figure, add it in here. Or you can draw, sketch and use keywords to describe your inspirational figure and the qualities you admire about them.

5.

Stories of Belonging

Think of a place or a community where you really belong. A place where you feel most confident, comfortable, or where you feel your competences and personal qualities are appreciated, where you feel empowered and at ease. This can be a physical place, or a cherished community, a group of people gathered around an activity such as a football club, a local youth club, or even the school!

Try to imagine this place, not only physically, but also why you enjoy it so much? Draw or write these qualities of the place or of the surrounding people, and how you feel when you are there.

6.

Stories of Not Belonging

Have you been in a place, an event, a context where you felt you did not belong? Where you thought - this is not for me?

Try to picture that place - why did you feel you did not belong? Was it the place, or the people? Would you have liked to belong there?

You can draw, sketch and write, and write, picturing the place and the people there, and how this made you feel.

7.

My media spaces

Do you have an active social media life? What platforms do you use most? Instagram, TikTok, WhatsApp? Facebook? YouTube? Write them in the area 'My media spaces'.

Think of the platforms you use most and underline them. Now think of the time you spend on social media, and the things you obtain in return: do you use them for fun and enjoyment? For inspiration? For networking and meeting new people? For finding information about your interests and hobbies?

You can use keywords, draw or sketch around each platform to evidence its benefit to you.

8.

People and groups I follow

Now think about the people you connect with mostly on social media and the groups or communities you follow.

Is this mostly about your friends? Are you part of interest groups and communities - such as fashion, sports, music, or local events? Do you follow celebrities or inspirational figures? If so, why?

Reflect and discuss why it is interesting to engage with these groups.

9.

The experience(s) that shaped my career choice

Have you decided what you wish to profess as a future job or career? If yes, take a moment to think about the things that shaped your choice. Was there a defining moment that inspired your decision? What happened, and who inspired you?

If you have not decided yet, are there important people in your life that influence your career decisions? Who are they?

Use the space on the map to describe or picture them. Start with the most important person informing and advising you and continue to the next.

10.

Dream Profession

Think of what you really wish to do as a profession or work in the future. Picture a specific profession. Think why you want to work in that role, why it suits you.

If you have not yet decided on a profession, mention some options you could choose from, or describe the kind of work you would like to do or the sector - such as leisure and hospitality; office jobs; handiwork, something related to cars, or beauty, or fashion...

11.

Outcomes and rewards

Now focus on how that profession or job would make you feel. Do you aim for a job that allows you to express yourself creatively? Or a job that makes you feel connected to people or a community? That allows you to be of help to others? That gives you the time & resources for travelling? Or for enjoying more time with your family?

Insert pictures, write, draw or sketch some of the expected rewards from your target profession.

12.

Support I have

Who supports you to achieve your job and career goals? Your family, spouse, the school, a mentor?

Picture these people (or organisations) and represent them on your map - with pictures, drawing, sketching keywords.

Start with the most important person or organisation that supports you and continue to the next.

13.

My challenges

Think of the biggest barriers, obstacles or challenges that stop you from fulfilling your aspirations.

Be creative! This can be about time that you don't have; it can be about money that you don't have; the support of family or tutors that you miss; or a diploma that you still need to obtain.

14.

Support I need

Imagine what it takes to overcome these big challenges: is this something you need to do? Do you need somebody to help?

Picture what is needed, and who can help - you can insert a picture, draw, sketch or use keywords or even write a short story.

15.

Expected achievement

Imagine yourself in a fulfilling moment on your career pathway. A moment when you have already accomplished some good steps on your career path. This does not necessarily have to be the final goal (though it can), rather it can be a moment when it is clear you are well set and firmly on your path.

Decide what this expected achievement would be: getting into college, your first job, your first promotion, your first child, travelling to a desired faraway place, backpacking around the world.. It can be anything that will give you confidence and purpose on your path. Reflect on why this is such a crucial achievement. Then, put a date on it.

16.

Stepping stones

Now think of things that you might need to enable you to achieve your dream. These can be for example:

Networks to access: Right now, there are people and organisations, in your city and beyond, who could help you get an inch closer to your dream career. Get started by thinking of 1-2 such people or organisations, and mention them in words or drawings on the page. If you have nothing in mind, just write the fields of interest where you would need access.

Skills: Having in mind the profession you target, think first of the skills you have. This can be your Number 1 skill on Cover page, or others. Draw, write, sketch these skills on the page.

Now think of the skills you still need to gain - what other competences you need to perform your role in the future? Draw, write, sketch these skills on the page. But the list is open! Think of two crucial things that you will need to achieve your dream and write them down.

17.

My very next action

Think of just one small step that you can do now - today, tomorrow, this week, this month - to get you closer to achieving your dream profession.

Picture that step, and put a date on it.

18.