

# Visualization Exercise

## Self Assessment

In the following sections, complete the sentences as they apply to you.

1. When I meet someone for the first time, I...
2. I would describe myself as...
3. In a group of people I know, I'm...
4. Three things I like about myself are...
5. One goal I have for my life is...
6. Three things I do well are...
7. When things don't go my way, I...
8. I am proud of my...
9. In the last two years, I feel I have changed in the following ways...
10. When I think about my future, I...

## Work Attitudes

1. When I was growing up, my parents worked...
2. When I was growing up, my work responsibilities included...
3. I used to dream I'd be a \_\_\_\_\_ when I grew up.
4. My grade school experience was...
5. When I have worked, I...
6. Three things I've liked most about working are...
7. Three things I've disliked most about working are...
8. Regarding work, my family and friends think I should...
9. If I got a job, my family and friends would...
10. The advice I've received regarding my getting a job includes...
11. If I didn't feel I had to work, I'd probably...
12. The thought of actually having a job makes me...

## My Interests

1. I feel as though I want to start making at least \$...
2. I would like to work with people who...
3. I do not want to work with people who...
4. Three reasons I'm looking for a job include...
5. Knowing myself and my work experience, the job areas that interest me are...
6. Things I want to accomplish through work are...
7. I enjoy the kind of work where I'm...
8. I would start work this afternoon if...
9. Dream a little about your ideal job. What needs are to be included in that "perfect job" of yours, as you are today. (For example: setting, location, number of people you'd work with, etc...)

## Work Values

Find out what things are most important to you in the work world. Listed below are ten work values. Prioritize the list in order of importance for yourself in so far as YOUR values go. Go ahead and add other items you may want in the work world.

- Secretary/Receptionist of my own
- Have a job that I really like
- Travel
- Learn new things and meet new people in my work
- Private office
- Honest and friendly
- Publicity and fame
- Be my own boss
- Opportunity for raises and advancement