

## MAPPING YOUR FUTURE....

Look at what you do, be it your job your course or your training and analyse these in a few steps (use different colours if you want to superimpose several part-time jobs)

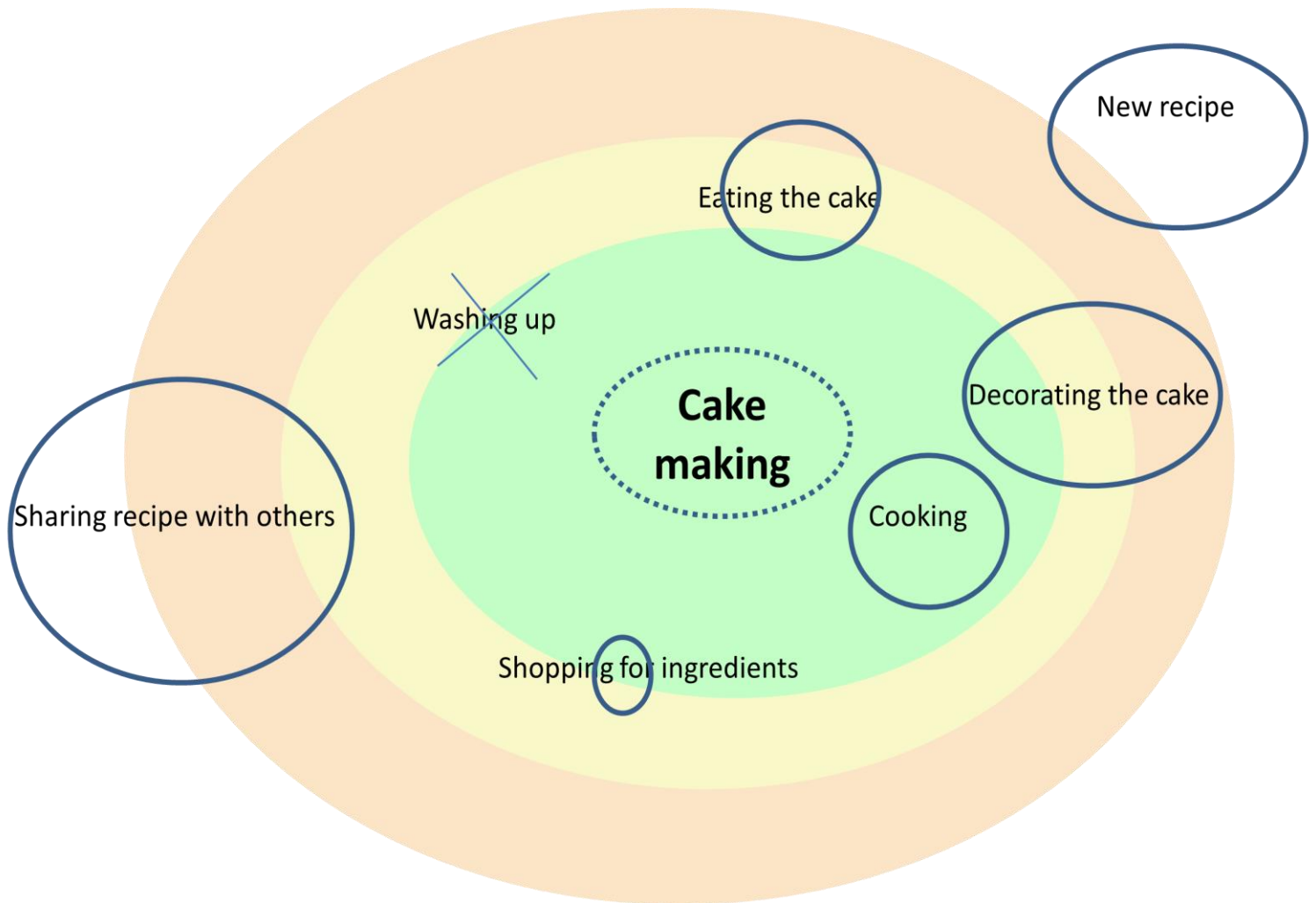
Put the main title in the centre (eg coach)

Write the tasks in simple words eg admin, planning, demonstration, group work, one 2 one. Write the task you spend most time on closer to the centre, further away if you do this occasionally

When you have written them all, go back to each task, the one you enjoy most draw a big circle around, the least enjoyable, smallest circle (if you hate it, a big X or no circle)

The result is a plan: the furthest task with a big circle is the one you want to do more of, the nearest with the X you want to work a way out of

For example, cake making....



From this, an action plan might be:

- Get a dishwasher
- More online shopping
- Experiment more (new recipe)
- Write a book/ blog or run cookery classes

Do one of these for each of the big things in your life eg sport, degree, job then look at the resulting actions.

You've now got a plan.

Work out timescales, next 3 months, next year, 3 years, 5 or 10 years

Price them up – equipment needed, rent, mortgage, travel, living expenses