## Exercise 1 Worksheet

**Thinking Expansively**

<table>
<thead>
<tr>
<th><strong>Purpose</strong></th>
<th><strong>Result</strong></th>
<th><strong>Time</strong></th>
<th><strong>Preparation</strong></th>
<th><strong>Instructions</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>To inspire creative thinking about what you might want to do with your work life and then uncover the underlying needs that inform what you are drawn to</td>
<td>A list of your interests drawn from thinking about kinds of work you find exciting</td>
<td>60 to 90 minutes</td>
<td>Time and a space that helps you feel relaxed and creative, and, if you like, a buddy</td>
<td>Pages 38–44</td>
</tr>
</tbody>
</table>

### Part 1

**Practice Thinking Expansively**

What work have you done in the past that you liked?

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What jobs do people you know have that you admire, respect, and think would be engaging for you?
PART 1
PRACTICE THINKING EXPANSIVELY (CONTINUED)

What jobs from movies, books, TV, and social media do you imagine would be interesting, fun, or fulfilling?

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What are some of the things you would do if you won the lottery and had abundant wealth?

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What would you do if you could not fail and all your choices were accepted by the people you care about?

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PART 2
UNCOVERING THE INTERESTS BEHIND YOUR IDEAS

What about each of these jobs appeals to me?

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PART 3
FINDING PATTERNS

What interests appear multiple times?

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