

defining your DREAM

module 1 workbook

How I feel about my CURRENT job	THOUGHTS	Implications for my future IDEAL career
Daily duties		
Responsibilities		
Boss		
Team		
Colleagues		
Customers		
Organisational culture		
Working environment		
Product/service		
Other...		

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My work impacts on the other areas of my life by...

How much money do I really need?

Essential outgoings		Current, non-essential spending	
Description	Value	Description	Value

When I buy things (I believe) I want, but that I don't need, I feel...

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When I imagine getting all the stuff I've ever dreamed of, while having to work in my current job, I feel...

When I think about doing what I love every day, but having less material things, I feel...

My positive beliefs about money are....

This impacts my behaviour by...

My negative beliefs about money are....

This impacts my behaviour by...

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Things I've already tried

Why they didn't work for me

Things I've considered trying

Why I didn't go for it

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Essentials	Nice to haves	Essential exclusions

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I felt really motivated when...

I felt really confident when...

I felt really successful when...

My triggers for positive feelings about my work, and myself are...

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My dream job specification...

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Who will pay me to do this?

Who will I approach?

My perfect client/employer is...

The benefits of my product/service to them are...

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The likely arguments/resistance I will face

My counter questions/solutions

My thoughts

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