

Lesson 1 Worksheet: What Do You Want to Be ~~When~~ ~~You Grow up?~~

The worksheet for this lesson will help you get a sense of your big picture career goals, identify the kind of work that inspires you to do your best – and deal with the fear that comes from setting yourself a big challenge.

1. What's your ambition for yourself?

This isn't the time to be modest. Admit your ambition, even if only to yourself. Here are the suggested options from the lesson (feel free to add your own):

- To earn a living doing work you love?
- To be like your creative heroes?
- To be the best in your industry?
- To become rich and famous?
- To have thousands of adoring fans?
- To have the respect of your peers?

2. What's your ambition for your work?

Think big. It's better to achieve 70, 80 or even 50% of a gigantic ambition than 100% of an average one.

And remember what I said in the lesson about being honest. For example, don't pick a 'worthy' ambition if you'd much rather make people laugh. The world needs laughter as much as it needs anything else.

Here are the suggestions from the lesson:

- To surprise, delight and entertain people?
- To show them a different way of looking at the world?
- To change the way they think and act?
- To solve important problems?
- To inspire or teach?
- To change the world?

3. The work you love to do

Remember the rules of Hunt the Thimble – when you're 'warm' at work, you'll feel emotions like excitement, joy and enthusiasm about what you're doing. When you're 'cold', you'll feel boredom, frustration, resentment and/or depression.

(a) When and where have you felt 'warmest' at work?

What were you doing?

Who (if anyone) were you working with?

What did you enjoy most about the work?

What difference did you feel your work was making?

(b) When and where have you felt 'coldest' at work?

What were you doing?

Who (if anyone) were you working with?

What did you dislike about the work?

Did you feel your work was making any difference?

4. Your daily game of Hunt the Thimble

Every day when you start work, pay attention to the 'warm' and 'cold' emotions you experience.

When and where do you feel warmest?

When and where do you feel coldest?

What's the ratio of warm to cold in your working day/week?

What does this tell you about what you should do more of?

What does it tell you about what you should do less of?

5. The bigger the dream, the bigger the fear

When you think about your ambitions from questions 1 and 2, do you get a twinge of fear?

If not...

Are you thinking big enough?

Can you challenge yourself to dream bigger?

If you can feel the fear...

Notice where you feel it in your body. What's the sensation like? Learn to recognize it – as a *positive* sign that you're setting yourself a meaningful challenge.

What's the worst that could happen if you follow your dream? Imagine putting that in one half of a set of scales. What's the best that could happen? Put that in the other scale. Which way does the balance tilt?

What concrete steps can you take to tilt the balance in favour of the better outcome?
When are you going to start?