



Tool

Imaginary Lives

PURPOSE: this exercise helps you generate career option ideas

SOURCE: adapted from *How to Find Fulfilling Work*, Roman Krznaric (School of Life)

HOW TO DO THE EXERCISE:

1. Imagine five parallel universes, in each of which you could have a whole year off to pursue any career you desired.
2. Now think of five jobs you might want to try out in each of these universes – be bold in your choices! Don't limit yourself to what you think is possible, what would you love to do? What have you secretly always wanted to try? These 'lives' might include going part-time, becoming self-employed, a different position, a new career – whatever you are drawn to.
3. Once you've selected the five 'lives' it's time to take a more objective look at them. First write down against each option what it is that attracts you to them – be really honest with yourself.
4. Then taking each option in turn, and using the motivations you identified in the Map of Choices exercise, ask yourself 'how does this life measure up to the things that are most important to me now?' Jot down a score out of 10 against each factor, for each 'life'.