

Self-Awareness: What do I hope to do?

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A DREAM is defined as a strongly desired goal or purpose. Dreams can develop over time as you experience new things. This activity will ask you some questions to identify what it is that you may hope to do.

PART 1: In the space below, answer the following questions as honestly as possible.

1. If you could do anything – all obstacles removed – what would you be doing?
2. If you could major in anything – all obstacles removed – what would you choose?
3. What do you daydream about?
4. When have you been happiest in life? What were you doing and who were you with?
5. If you were receiving a lifetime achievement award, what would you like the presenter to say about you?
6. What is your earliest memory of a career plan (what did you want to be when you grew up)?
7. What activities did you enjoy as a child?
8. If you could take any class in the WCU course catalog, what would you naturally gravitate toward?
9. How would you like your family and friends to describe you?
10. When have you done a job or completed a project that you were especially proud of?



PART 2: Now What?: Reflection Journal

Were there any questions that jumped out at you, whether positively or negatively?

BRINGING IT TOGETHER:

- A. Do you notice any patterns or commonalities among the themes you identified?

- B. Upon completing these activities, take time to reflect on your answers. In order to organize your thoughts and ideas, review your answers to the “10 Questions” and Now What?: Reflection Journal. Try to identify your top three themes. These will be the themes to focus on when making your decision.

Dreams	
Rank	Top Themes
1	
2	
3	

PART 2: Now What?: Reflection Journal

Were there any questions that jumped out at you, whether positively or negatively?

BRINGING IT TOGETHER:

- C. Do you notice any patterns or commonalities among the themes you identified?

- D. Upon completing these activities, take time to reflect on your answers. In order to organize your thoughts and ideas, review your answers to the “10 Questions” and Now What?: Reflection Journal. Try to identify your top three themes. These will be the themes to focus on when making your decision.

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