

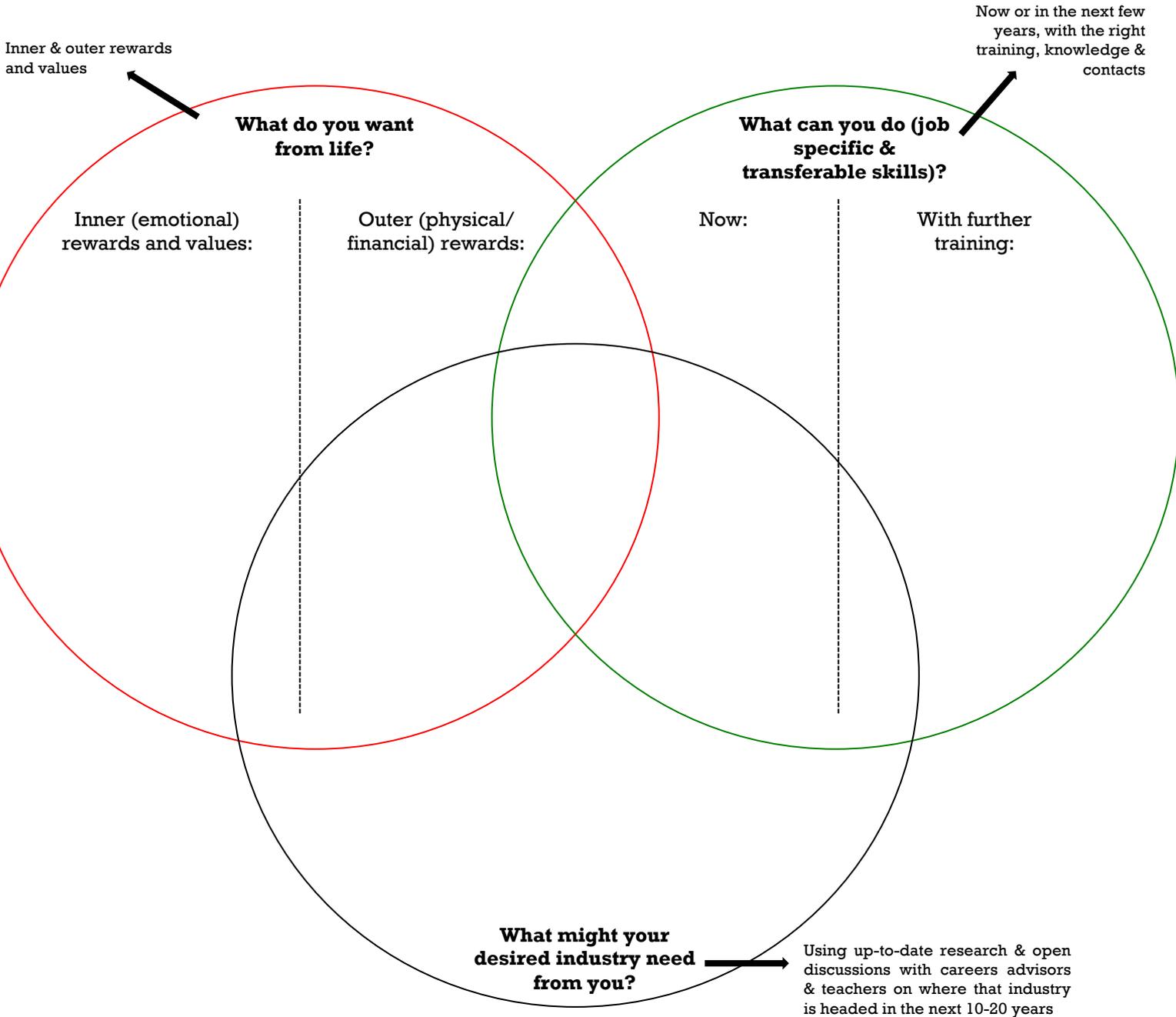


Push's Quick Guide to...

Making a life, not just a living

Life is like a road trip – there's ups and downs, twists and turns, sunshine and rain – and a good road trip is driven forward by three things; the enjoyment in every step comes from trying to find the perfect overlap.

STUDENTS: try and write down 3-5 things in each circle below, and try to be as honest as you can.



Need help? Try the other side of the page...

What does winning really mean to you in life? Rate which of these mean the most to you.

Buying what you need (essentials) and having a healthy relationship with money

1 2 3 4 5 6 7 8 9 10

Developing a true curiosity in something in the world

1 2 3 4 5 6 7 8 9 10

Feeling like the best version of yourself each day (mentally, physically)

1 2 3 4 5 6 7 8 9 10

Feeling rewarded (respect, contentment, humour)

1 2 3 4 5 6 7 8 9 10

Helping people who matter to you, in the way you want or need to

1 2 3 4 5 6 7 8 9 10

Being in an environment that makes you develop self-worth

1 2 3 4 5 6 7 8 9 10

Valuing and protecting family, community, the natural world & finite resources

1 2 3 4 5 6 7 8 9 10

Spending time how you want (rest, travel, with loved ones)

1 2 3 4 5 6 7 8 9 10

Understanding you have the power to make choices others might not

1 2 3 4 5 6 7 8 9 10

What are your potential barriers to making proactive choices? Rate how much these worry you.

A worry about financial support to pursue the career you're interested in

1 2 3 4 5 6 7 8 9 10

A worry about your specific needs (emotional, physical, geographical)

1 2 3 4 5 6 7 8 9 10

Lack of confidence you can achieve the grades and/or experience

1 2 3 4 5 6 7 8 9 10

Nervousness about which opportunities are in your region/available to you

1 2 3 4 5 6 7 8 9 10

Not yet feeling you understand what employability is and how you can build it

1 2 3 4 5 6 7 8 9 10

Just having zero idea right now about (a) what careers are out there & (b) what job you want

1 2 3 4 5 6 7 8 9 10

List other more personal factors to you here: