

FOCUSLIFE INSTITUTE

Practical, Proven Solutions For Personal & Professional Growth

Finding Life's Direction



HOW TO FIND LIFE'S DIRECTION

First Name:

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<https://www.FocusLifeInstitute.com>

Lesson 1 – Introduction

No questions

Lesson 2 - Personality

Question 1: My Focus Behavioral Profile is? Please review your one-page personality summary.

Answer:

Question 2: List your top 2 strengths based on your personality style.

Answer:

Answer:

Lesson 3 – Vision

Question 1: If earning a paycheck was not a concern, what would you want to do every morning when you got out of bed? (Write this below). **DREAM** Write your *big dream* here

Answer:

GOAL Please write a specific goal that you feel you can reach in your lifetime

Answer:

CAREER DREAMS *Thinking in terms of career (it doesn't have to be your current job or even a job you have ever held), please list your likes and dislikes: **Personal Likes:** Example: I like to work with people*

Answer:

Personal Dislikes: *Example: I do not like to be confined in an office working alone*

Answer:

Question 2: *What would it take to make this a possibility? (More education? More experience? Development of skills? Connections? Money? New location?)*

Answer:

Question 3: *What resources do you have available right now that you can use for the journey? (You might be surprised at what is sitting within reach!)*

Answer:

Question 4: What resources would you need to obtain in addition to what you already have available?

Answer:

Question 5: What steps must you take to get to where you want to go?

Answer:

Question 6: VISION STATEMENT I would like to (answer 1) in my lifetime because (answer 2). To do this would require (answer 3) to achieve. Write your vision below.

Vision:

Lesson 4 – Passion

Question 1: What makes you feel really energized to talk about or participate in?

Answer:

Question 2: What topics (or activities) make you really joyful or really angry? What “pushes your buttons”?

Answer:

Question 3: What sorts of things make you feel really alive when you engage? What kind of moment do you wish would never end or you could experience more of?

Answer:

Question 4: List the top two passion areas that would inspire you to make a commitment that ties into your passion—serves your vision.

Answer 1:

Answer 2:

Question 5: This is important: How can these areas of passion be incorporated into your personal vision?

Answer:

Lesson 5 – Profession

Question 1: Identify and list the top three career clusters that interest you.

Answer 1:

Answer 2:

Answer 3:

Question 2: Identify three jobs within those clusters that both match your focus style and your interests.

Cluster 1:

Job 1:

Job 2:

Job 3:

Cluster 2:

Job 1:

Job 2:

Job 3:

Cluster 3:

Job 1:

Job 2:

Job 3:

Question 3: Begin to research these to gain a better understanding of the nature of the occupation along with the job responsibilities, salary, growth opportunities, educational and skill requirements. In order to find out every aspect of your career choices, please visit the following websites: www.onetonline.org www.bls.gov/ooh/

Please list your top 2 Job Selections.

Top Job Selected:

By reviewing the website at www.onetonline.org, please recap the following areas of your top job selection: Outlook for future, educational requirements, skills needed, wages and employment trends.

Lesson 6 – Peak Performance – Setting Goals

Question 1: List and explain 2 personal goals you have set and want to accomplish in your life.

Goal 1:

Explain 1:

Goal 2:

Explain 2:

Question 2: State your top two career goals and explain your ideal role and function in each. Remember, be realistic.

Your Primary Career Goal - Your dream career job or position. In other words, your ideal way to make a living.

Response:

Your Secondary Career Goal - If your dream job becomes difficult to attain, what alternative career would you consider?

Response:

Question 3: Answer the Educational Goals for Primary and Secondary Career Goals.

Question: Educational Goals for Primary Career Goal

Answer:

Educational Goals for Secondary Career Goals

Answer:

Question 4: List 2 of your short-term goals.

Short-Term Goal 1:

Short-Term Goal 2:

Question 5: List 2 of your long-term goals.

Long-Term Goal 1:

Long-Term Goal 2:

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Please View Our Website at www.focuslifeinstitute.com