Thinking about what you want

What works well:

1. **Being completely honest about what you really want**
   rather than choosing only what seems possible or reasonable. (How can you know what’s possible if you don’t aim for it?)

   **Useful questions:**

2. **Clearly defining what you want so that you’ll know if you’ve achieved it (or how far you still have to go)**
   rather than choosing vague outcomes e.g. “job satisfaction”, “a good salary” or “work-life balance”

   **Useful questions:**

3. **Choosing what you want for its own sake, independently of your current circumstances**
   rather than just thinking about how to solve current problems (which at best will leave you with the absence of something you don’t want instead of the presence of something you do want!) or just using your current circumstances as your reference point e.g. “more respect” or less stress”

   **Useful questions:**

4. **Making sure you’ve described the end result you want to see (an outcome, a creation or an achievement)**
   rather than focusing prematurely on processes e.g. “get a qualification” or “networking”. (You may not know what steps will get you what you want until you start taking them)

   **Useful questions:**