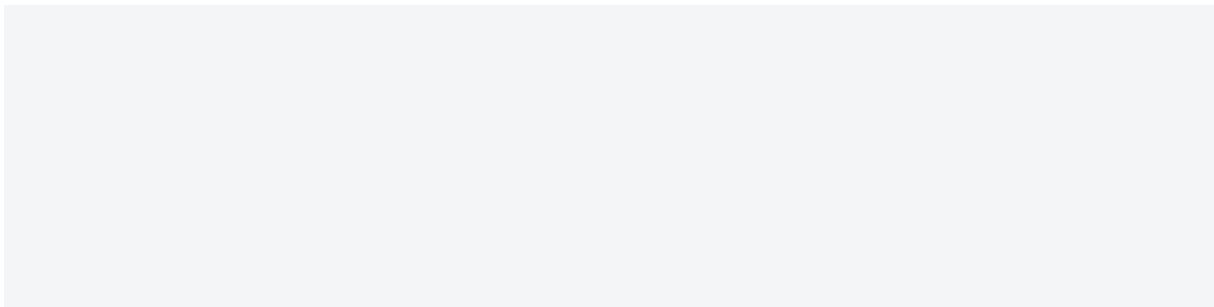


## Career Visualization

Visualization is a powerful tool for imagining how you would feel if you could have the promotion, role, or career you have been dreaming of.

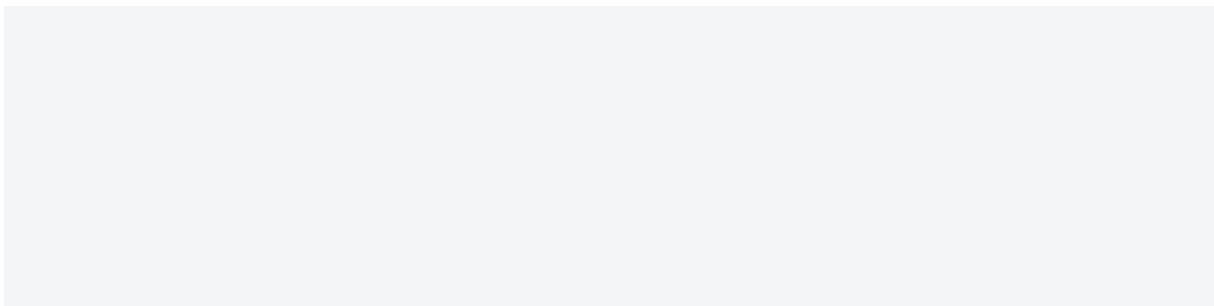
Use this worksheet to imagine in a detailed way how it would look, feel, and be to have the career you would like.

**Briefly describe the career change/promotion/new role you would like:**

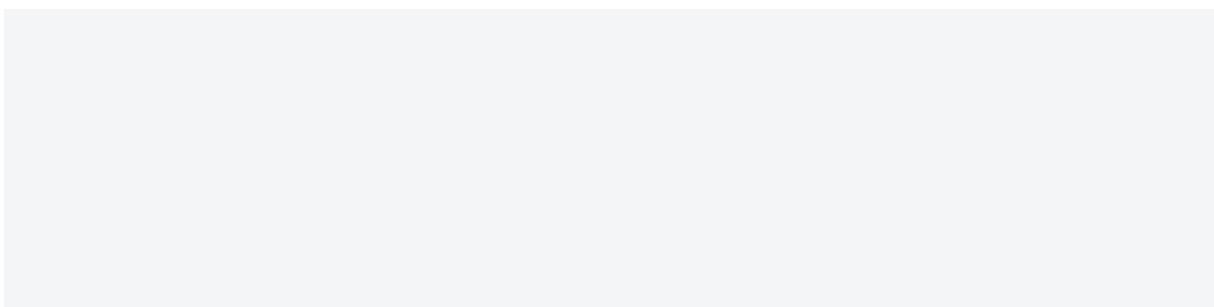


Now, spend 15 minutes imagining what it would feel like, how you would think, what you would be doing, and how others would see you differently.

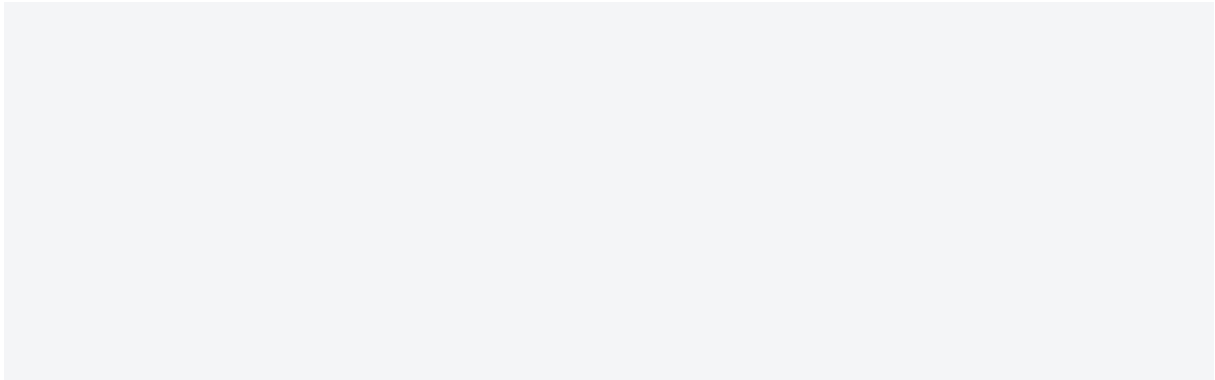
**Capture those emotions, thoughts, and differences in appearances in the box below. They needn't be sentences, use single words where it identifies what you visualized:**



**How did the exercise make you feel?**



**What do you need to do next to start your journey to that new place?**



Dr. Jeremy Sutton