

Complete steps 1-4 of this Future Pathways Worksheet after reviewing the instructions on the next page. Then proceed with step 5.

1. FUTURE PATHWAY TITLE 1: MY CURRENT DIRECTION _____

2. MAP THE JOURNEY:

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3. DASHBOARD: Rate on a scale of 1-5 (5 is highest) the following

Resources: _____ Interest: _____ Confidence: _____ Coherence: _____

4. QUESTIONS:

1. FUTURE PATHWAY TITLE 2: MY ALTERNATIVE DIRECTION _____

2. MAP THE JOURNEY:

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3. DASHBOARD: Rate on a scale of 1-5 (5 is highest) the following

Resources: _____ Interest: _____ Confidence: _____ Coherence: _____

4. QUESTIONS:

1. FUTURE PATHWAY TITLE 3: MY WILD CARD DIRECTION _____

2. MAP THE JOURNEY:

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3. DASHBOARD: Rate on a scale of 1-5 (5 is highest) the following

Resources: _____ Interest: _____ Confidence: _____ Coherence: _____

4. QUESTIONS:

DESIGNING MULTIPLE POSSIBLE FUTURES

Many students feel pressure to find the one "right" career path. However, research shows that people make better decisions when they explore multiple possibilities rather than focusing on a single plan too early.

By designing several potential futures, you can expand your thinking, discover new opportunities, and make more intentional career decisions. The goal is not to find the perfect answer, but to explore multiple paths that could lead to a meaningful and fulfilling future.

COHERENCE MATTERS

Coherence is the alignment between who you are, what you do, and what you believe.

As you evaluate each pathway, consider how well it reflects your interests, values, strengths, and goals. The more coherent a path feels, the more meaningful and satisfying it is likely to be.

YOUR CHALLENGE

Design **three distinct Future Pathways** for your life and career. These are not Plan A, Plan B, and Plan C. They are three different possibilities for your future. Think broadly, creatively, and beyond the obvious.

Future Pathway 1: My Current Direction

This pathway reflects the future you are currently pursuing and preparing for.

- *What path are you on today?*

Future Pathway 2: My Alternative Direction

Imagine your first pathway is no longer available or no longer interests you. What other meaningful future could you pursue?

- *If Pathway 1 disappeared tomorrow, what would you do next?*

Future Pathway 3: My Wild Card Direction

Imagine you had the freedom to pursue any future that excites, intrigues, or inspires you.

- *What future would you explore if there were no constraints?*

FUTURE PATHWAY WORKSHEET INSTRUCTIONS

Step 1. Create 3 Future Pathway Titles. Write a title (six words or fewer) that captures the essence of the future you are imagining.

Step 2. Map the Journey. Outline the major steps required to pursue this pathway. Include both professional and personal milestones that might occur along the way.

Step 3. Complete the Dashboard. Rate each pathway using the provided indicators:

- **Resources:** *Do you have access to the people, knowledge, finances, or opportunities needed to pursue this path?*
- **Interest:** *How excited are you about this possibility?*
- **Confidence:** *How confident are you that you could successfully pursue it?*
- **Coherence:** *How well does this pathway align with who you are, what you value, and the life you want to create?*

Step 4. Identify Questions. List 2–3 questions this pathway could help you answer. Examples:

- *Would I enjoy leading a team?*
- *Do I prefer creating or managing?*
- *How important is location to my happiness?*
- *Would I enjoy working independently?*

Step 5. Prototype Your Future Pathways [to be completed AFTER completing steps 1-4 first].

Every Future Pathway is an experiment. You do not have to decide your future before experiencing it.

Instead of trying to think your way to the perfect career, try your way forward. Every experience provides information.

The goal is not to make a decision immediately—the goal is to learn.

1. Review your three Future Pathways.
2. Circle something in each pathway that you are most curious about.
3. Choose one or more experiences below to help you test your ideas.

LOW-COMMITMENT EXPERIENCES (30 Minutes – 2 Hours)

- ☐ Read a career profile or Career Options Handout
- ☐ Watch a professional's day-in-the-life video
- ☐ Listen to a career-related podcast
- ☐ Research an organization or industry
- ☐ Explore LinkedIn profiles of professionals in the field
- ☐ Attend a guest speaker presentation
- ☐ Complete a CliftonStrengths assessment
- ☐ Other:

MEDIUM-COMMITMENT EXPERIENCES (2–10 Hours)

- ☐ Conduct a Career Conversation
- ☐ Attend a networking event
- ☐ Participate in a workshop
- ☐ Visit an organization or workplace
- ☐ Attend a professional conference or panel
- ☐ Join a student organization
- ☐ Complete a small personal or creative project
- ☐ Volunteer in an area related to your interests
- ☐ Other:

HIGH-COMMITMENT EXPERIENCES (10+ Hours)

- ☐ Job shadow
- ☐ Internship
- ☐ Student employment
- ☐ Research project
- ☐ Freelance project
- ☐ Leadership role
- ☐ Independent study
- ☐ Production, performance, exhibition, publication, or portfolio project
- ☐ Other:

MY PROTOTYPE PLAN

Future Pathway I Want to Explore:

The experience(s) I will complete:

In the next two weeks, I will:

Date I will complete this by:

AFTER THE PROTOTYPE EXPERIENCE

What did I learn?

What surprised me?

What gave me energy?

What drained my energy?

What questions do I still have?

What should I explore next?