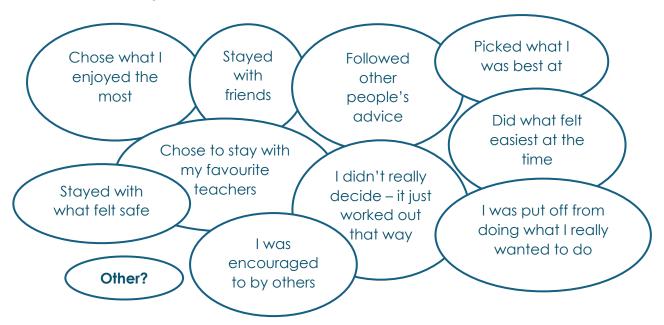


How have I made past decisions?



What was good and not so good about it as a way of deciding? What have you learned about how you'd like to decide on your next steps? (all the ideas below are as good as each other – there's no right answer and you might blend a few or add your own method)

Make a list or use a mind map of my strengths, interests and values and weigh up the options to see which might be the best fit Step by step – focusing on my next step and not worrying about the longer term.

Get up close to the options. Seeing, visiting, talking to people who know about it makes the options seem more real.

Imagine being there, what it would be like, what I'd be doing, who'd be there – and notice how it feels. Reflect on why it feels a certain way.

Listen to my intuition.

at the challenges the earth, people and society face. Identify what matters to me the most.

Search for organisations and job roles that aim to make a difference in that area.

Trust. Accept I can't control everything. Pray, meditate, stay with feelings of uncertainty whilst still taking action.

Other?