

 Start My Journey

This worksheet is all about identify if you are dreamer, a follower, a settler or an achiever. By completing the activities below, you will be able to assess which of these you are, allowing you to refine your goal, allowing you to consider the next steps you want to take to make your Golden Ticket a reality!

Watch the video below and complete each activity, remembering to be honest with yourself, reflecting on your journey so far.



**Ships are safe in the harbour, but that’s not what ships are for.**

**Susan Jeffers**

**Activity: Plotting where you are now.**

To start your journey towards your Golden Ticket it is important to plot where you are now by honestly answering the following questions which will help you identify whether you are acting at this point as a follower, settler, dreamer or achiever.

**VISION**

**Score yourself out of 10 as to how clear, exciting and meaningful is your vision for the future.**

If your vision is really clear, you are excited by it and it means a lot to you then give yourself a 10. If you still feel unfocused about what you want to do and don’t therefore feel excited by it, then score yourself lower.

The following grid will help you score yourself in the area of vision:

1. click on the box that best describes your answer to each question,
2. Add up your score at the bottom of the table using the “choose an item” drop down.

|  |  |  |  |
| --- | --- | --- | --- |
| **Vision Questions** | **Yes** | To some extent | No |
| Is my vision clear to me? |[ ] [ ] [ ]
| Am I excited by my vision? |[ ] [ ] [ ]
| Is my vision meaningful to me? |[ ] [ ] [ ]
| Have I talked to others about my vision? |[ ] [ ] [ ]
| Do I regularly think about my vision? |[ ] [ ] [ ]
| Total Vision Score | Choose an item. |

**REALITY**

**Score yourself out of 10 as to how proactive you have been in making your vision a reality.**

Give yourself a 10 if you have really stretched yourself and created meaningful experiences, opportunities, and encounters, or a lower score if you have not done anything, stayed in your comfort zone and waited for things to happen.

The following grid will help you score yourself in the area of Reality:

1. click on the box that best describes your answer to each question,
2. Add up your score at the bottom of the table using the “choose an item” drop down.

|  |  |  |  |
| --- | --- | --- | --- |
| **Reality Questions** | **Yes** | To some extent | No |
| Do I feel like I am stretching my comfort zones? |[ ] [ ] [ ]
| Am I doing new things? |[ ] [ ] [ ]
| Am I grasping opportunities? |[ ] [ ] [ ]
| Am I meeting new people? |[ ] [ ] [ ]
| Am I pushing forward? |[ ] [ ] [ ]
| Total Reality Score | Choose an item. |

Use your 2 total scores to plot yourself on the graph below:

F: Follower

Following others with few proactive steps.

S: Settler

Demonstrating potential but settling for something less.

D: Dreamer

Having a clear picture but with little action to create right experiences

A: Achiever

An exciting vision with practical steps to make real

|  |  |
| --- | --- |
| VISION | 10 |[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
|  | 9 |[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
|  | 8 |[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
|  | 7 |[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
|  | 6 |[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
|  | 5 |[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
|  | 4 |[ ] [ ] [x] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
|  | 3 |[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
|  | 2 |[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
|  | 1 |[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  | REALITY |



**It is important to both raise your aspiration level and increase you realism.**

Dreamers may need to consider a Plan B.

Settlers might limit themselves when they have potential for more.

Followers may benefit from an inspirational role model.

Achievers may need to keep goals updated on a regular basis.