

The Heart and Soul of Career Guidance

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Life Balance Wheel

Emotional expressing feelings

Play activities or hobbies

Spiritual discovering meaning

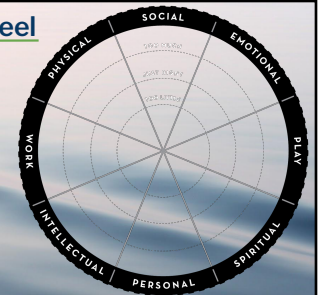
Personal time on your own

Intellectual thinking activities

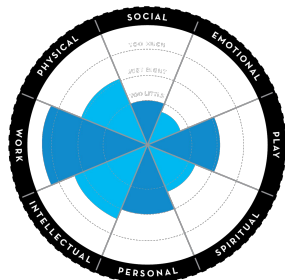
Work paid or unpaid

Physical body and mind

Social time with others



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Source: Physics of Living, N.E. Amundson, 2003



Your journey is uniquely shaped by your experiences, context, and view of the world around you.



HIGHER
HOPE

BETTER
PERFORMANCE

- Sports
- Illness Recovery

- Academics
- Attitude





The Real Work

It may be that when we no longer know what to do
we have come to our real work.

And that when we no longer know which way to go
we have come to our real journey.

The mind that is not baffled is not employed.

The impeded stream is the one that sings.

Wendell Berry



Working with Metaphors

- Identifying
- Elaborating
- Extending
- Reshaping
Hopefulness, relationship, responsibility, direction
- Applying





Thank you!

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