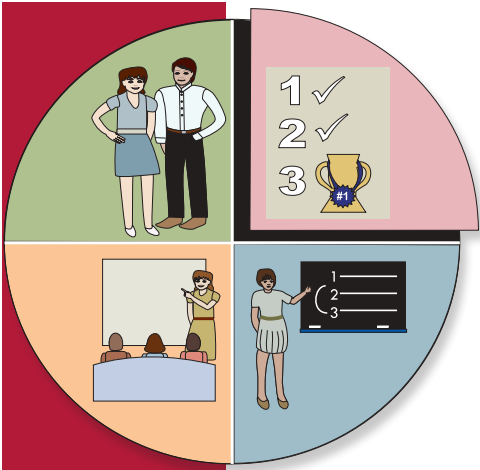


MAKING GOALS HAPPEN

Building a Career



THINK

Set the Goal

Think about a career you want.

PLAN

Take the Steps

Create a way to start your career.

DO

Make it Happen

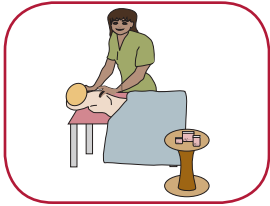
Get training or experience in the career you want.



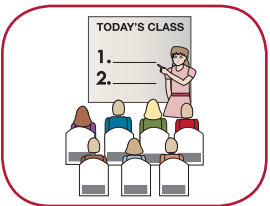
NAME _____



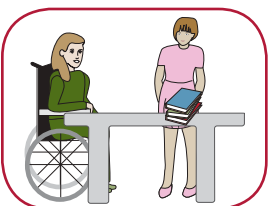
Michelle's Story



THINK: Michelle wanted a career working at a job helping people. She wanted to be a massage therapist. Michelle learned that massages help people be more relaxed and feel better.

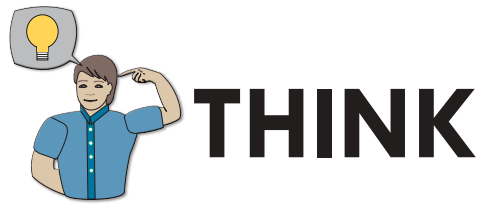


PLAN: Michelle knew she needed to find a training school and save money for it. Michelle also looked into programs that help people go to school. Michelle decided to find a professional massage therapist who could give her advice. This person would show her what to do to build her career and be her mentor.



DO: Michelle asked her Yoga teacher to be her mentor. She chose a massage school and found out how much it costs. Each month, Michelle put money in a savings account. While she saved her money, she took community college classes to build her skills. Michelle will transfer to the massage school to build her career.

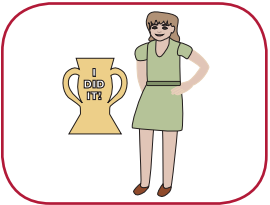
Making It Happen



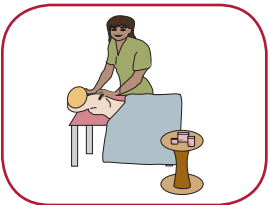
What is important to me in my life?



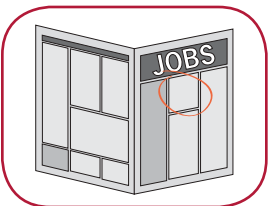
Why is this important to me?



What do I want to be?



What kind of job fits me?

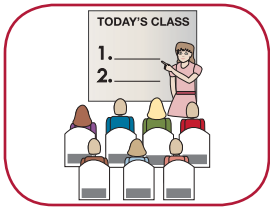


Taking the Next Steps

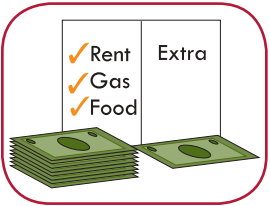


PLAN

How do I start my career?



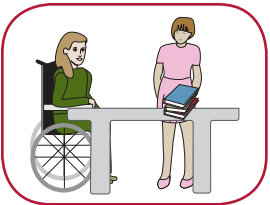
- Get information about the work I want.
- Find volunteer work to get experience.
- Figure out what classes or training I need.
- Other: _____



- Create a budget/save money.
- Look into programs that pay for school or training.

Who can be my career Mentor?

(A professional in the area you are interested in who will give you advice.)



Making It Happen



I will start my plan:



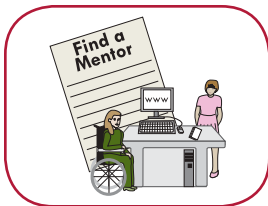
Date

What I need to do:



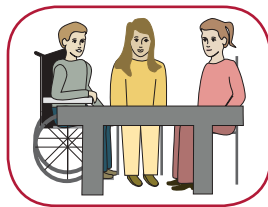
- Do volunteer work in my career area.
- Get training or attend classes.
- Look into programs that help pay.
- Follow a budget to save money.

Career Mentor:



- Find my Mentor.
- Meet with my Mentor to get career advice.

I will get support from:



- Friend
- Family
- Support Person

Name: _____