**Your Career and Life Vision**

**In 500 to 1,000 words**,describe your career and life situation as you want to see it at age seventy-five, having taken the appropriate actions to further develop your career as you intend and to ensure it’s aligned with the life you want in later years. Write in the third person (she/he, not I) and as you write, visualize already having accomplished the things you are writing about.

What has your journey (career and life) led you to care enough about that you could focus your energies on it for the foreseeable future? Write the story several times over from different perspectives if necessary, until you have a version that you feel comfortable with.

When you’ve done this, save your work and lay it aside. Then, return to it for at least ten minutes daily over the next week and add to it, or edit anything in it that doesn’t feel right. Then, do it weekly over the next month, and at least monthly over the following six months.

In parallel with the above, make time for high quality reading, e.g. biographies. Let yourself be inspired by the examples of people who have lived great lives. Aim to make it a daily activity, even if only for a few minutes.