



## PART 1: MY FAVOURITE JOB

Think about a big circus. **If you could choose one specific job that you would love to have in such a circus: Which one would it be?** Write down your desired job in space 1 of the triangle. Furthermore, make notes on the following questions before your next counselling session:

Why would you like to work in this job? What thrills you about it?

How does this job look like? What does this person exactly do? What are the tasks and responsibilities in this job that appeal most to you?

What does it take to be really good in this job? Would you feel made for this job? Which of the required qualities do you think you own? What would you have to work on?

## PART 2: MY SPECIAL ROLES

Think about 3 different groups that you already belong to for a longer period. Being part of these groups should mean something to you. Choose one group out of your private life, sporting life and educational life. In every one of these groups, you own a certain role. Reflect upon each specific role. **If this role would have to be described with one word: How would you entitle it?** Write down your 3 roles in space 2 of the triangle. Furthermore, make notes on the following questions before your next counselling session:

What does it take to grow into this role and keep it?

What are the qualities a person must have to own this role?

What is most fulfilling to you about being in this role? What do you love about it?

## PART 3: MY STAND-OUT TALENTS

Think about 3 people who know you very well and who you fully trust. One of these people should be a good friend. Another one should be part of your sporting network. The third person you can choose freely. Just make sure this person has a different background than the others. Ask each them to take time and give you an honest opinion on this question: **In your personal perception: What are my 3 best talents apart from being a high performance athlete?** Write down their answers in space 3 of the triangle. The following questions can further help the person respond to your inquiry:

What do you think are the domains and activities I am better in than most others?

Are there character traits, attributes or skills that particularly stand out?

 **Tip!** Throughout all parts, use separate sheets to record your findings more in-depth.