

## THE ONE HOUR LIFE PLAN

Plans are like road maps. My name is \_\_\_\_\_ your name here \_\_\_\_\_. I made this plan on \_\_\_\_\_ Today's date \_\_\_\_\_. Before I start on this trip it is important to write a little bit about who I am and what I want out of life. Hobbies are important in life; sometimes they even lead to careers. My hobbies include \_\_\_\_\_ First hobby (page 7) \_\_\_\_\_ and \_\_\_\_\_ Second hobby (page 7) \_\_\_\_\_ and \_\_\_\_\_ Third hobby (page 7) \_\_\_\_\_. People work for a variety of reasons. The reasons for my work are \_\_\_\_\_ First reason (page 8) \_\_\_\_\_, and \_\_\_\_\_ Second reason (page 8) \_\_\_\_\_ and \_\_\_\_\_ Third reason (page 8) \_\_\_\_\_. Dreams point the direction we travel. The dreams I will work hard to make a reality in my life are \_\_\_\_\_ First dream (page 9) \_\_\_\_\_, and \_\_\_\_\_ Second dream (page 9) \_\_\_\_\_ and \_\_\_\_\_ Third dream (page 9) \_\_\_\_\_.

We all start out working at entry-level jobs. Some of the jobs I could start out doing are a \_\_\_\_\_ First job (page 10) \_\_\_\_\_, or a \_\_\_\_\_ Second job (page 10) \_\_\_\_\_, or \_\_\_\_\_ Third job (page 10) \_\_\_\_\_. Personality can mean a lot in choosing a direction in life. Let's face it, personality traits affect our choices for jobs. Among many personality traits I have, I am \_\_\_\_\_ First trait (page 11) \_\_\_\_\_, and \_\_\_\_\_ Second trait (page 11) \_\_\_\_\_, and \_\_\_\_\_ Third trait (page 11) \_\_\_\_\_. There are many types of work conditions. It is important for me to work at a job that is \_\_\_\_\_ First condition (page 12) \_\_\_\_\_, and \_\_\_\_\_ Second condition (page 12) \_\_\_\_\_, and \_\_\_\_\_ Third condition (page 12) \_\_\_\_\_. Eventually, I'd like to work at a job that is \_\_\_\_\_ Skill level (page 12) \_\_\_\_\_. People work to trade their time, energy and skills for money. The work skills I could use are \_\_\_\_\_ First skill (page 13) \_\_\_\_\_, and \_\_\_\_\_ Second skill (page 13) \_\_\_\_\_, and \_\_\_\_\_ Third skill (page 13) \_\_\_\_\_.

A trade usually has a two-year training period called an apprenticeship. If I were to work in a trade, I would like to work as

a \_\_\_\_\_  
First trade (pages 14 & 15)

or a \_\_\_\_\_, or a \_\_\_\_\_  
Second trade (pages 14 & 15) Third trade (page 14 & 15)

It is important to me to have a job that is in line with my values of

\_\_\_\_\_ and \_\_\_\_\_  
First value (page 16) Second value (page 16)

and \_\_\_\_\_ To live within my values these

are some guidelines I will live my life by \_\_\_\_\_  
First rule (page 17 & 18)

and \_\_\_\_\_  
Second rule (page 17 & 18)

and \_\_\_\_\_  
Third rule (page 17 & 18)

Some concerns I may work for include \_\_\_\_\_  
First concern (page 19)

and \_\_\_\_\_ and \_\_\_\_\_  
Second concern (page 19) Third concern (page 19)

I learn in many different ways but these seem to be my strongest learning styles \_\_\_\_\_  
First learning style (page 20)

and \_\_\_\_\_  
Second learning style (page 20)

and \_\_\_\_\_  
Third learning style (page 20)

Everybody has difficulties. There are ways around or through the difficulties. I find these things difficult \_\_\_\_\_  
First difficulty (page 21)

and \_\_\_\_\_ and \_\_\_\_\_  
Second difficulty (page 21) Third difficulty (page 21)

I can do better at school by \_\_\_\_\_  
First way to succeed (pages 22 and 23)

and \_\_\_\_\_  
Second way to succeed (pages 22 and 23)

and \_\_\_\_\_  
Third way to succeed (pages 22 and 23)

Two-year colleges and technical colleges can cost a couple of thousand dollars per year. If I apply for, can pay for and go to a two-year or technical college, I would like to study to become a \_\_\_\_\_  
First career (page 24)

or a \_\_\_\_\_, or a \_\_\_\_\_  
Second career (page 24) Third career (page 24)

Strength and physical fitness can affect what kind of job I can do; I'd like a job where I work at a \_\_\_\_\_ level.  
Strength (page 25)

Sometimes \_\_\_\_\_ Physical difficulty (page 25) \_\_\_\_\_ is hard.

There is a theory that there are 6 different work personality types. Out of those types, I seem to be a mix of these three \_\_\_\_\_ First type (page 26) \_\_\_\_\_, and \_\_\_\_\_ Second type (page 26) \_\_\_\_\_, and \_\_\_\_\_ Third type (page 26) \_\_\_\_\_.

If I go to a four-year college or even longer studies at university, which can cost a few thousand dollars to several thousand dollars per year, I could study to work as \_\_\_\_\_ First profession (pages 27 & 28) \_\_\_\_\_, or \_\_\_\_\_ Second profession (pages 27 & 28) \_\_\_\_\_, or \_\_\_\_\_ Third profession (pages 27 & 28) \_\_\_\_\_.

A part of every plan is a “**To Do List.**” This is mine: To live successfully on my own I need to \_\_\_\_\_ First step to do (pages 29 & 30) \_\_\_\_\_, and \_\_\_\_\_ Second step to do (pages 29 & 30) \_\_\_\_\_, and \_\_\_\_\_ Third step to do (pages 29 & 30) \_\_\_\_\_.

To take advantage of help available in the community I need to \_\_\_\_\_ First step to do (pages 31 & 32) \_\_\_\_\_, and \_\_\_\_\_ Second step to do (pages 31 & 32) \_\_\_\_\_, and \_\_\_\_\_ Third step to do (pages 31 & 32) \_\_\_\_\_.

As I start on my career path, I’ll need to \_\_\_\_\_ First step to do (pages 33 & 34) \_\_\_\_\_, and \_\_\_\_\_ Second step to do (pages 33 & 34) \_\_\_\_\_, and \_\_\_\_\_ Third step to do (pages 33 & 34) \_\_\_\_\_.

Before I can go on to more training or college, I will need to \_\_\_\_\_ First step to do (page 35) \_\_\_\_\_, and \_\_\_\_\_ Second step to do (page 35) \_\_\_\_\_, and \_\_\_\_\_ Third step to do (page 35) \_\_\_\_\_.