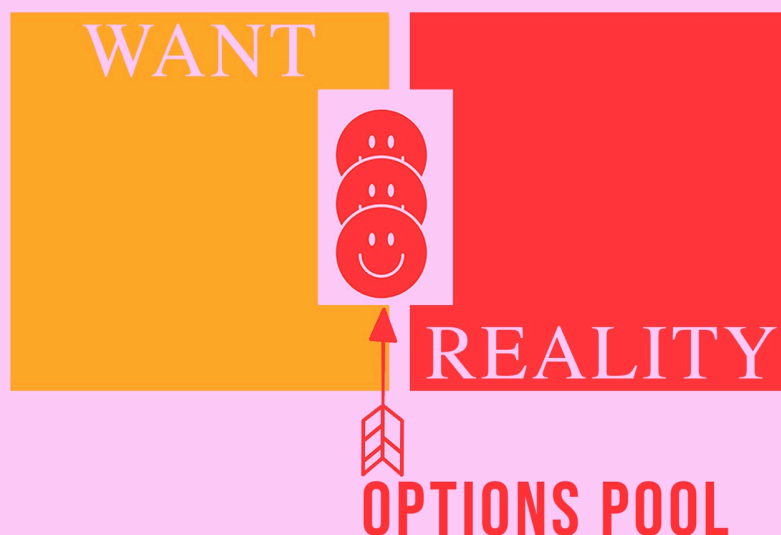


EPISODE ONE: BUILDING A WANT BOX



The overlapping area between jobs you want, and the jobs that are within your realm of reality contains your optimal career path. (Straight forward enough).

But actually filling in these boxes accurately is way harder than it looks. For the diagram to work it has to be as close to the truth as possible, and to get there, you need to build a want box.

To do a proper **Want Box audit**, you need to think about what you crave for in a career and then unpack the shit out of it. Luckily, that's what Week One on our podcast is about.

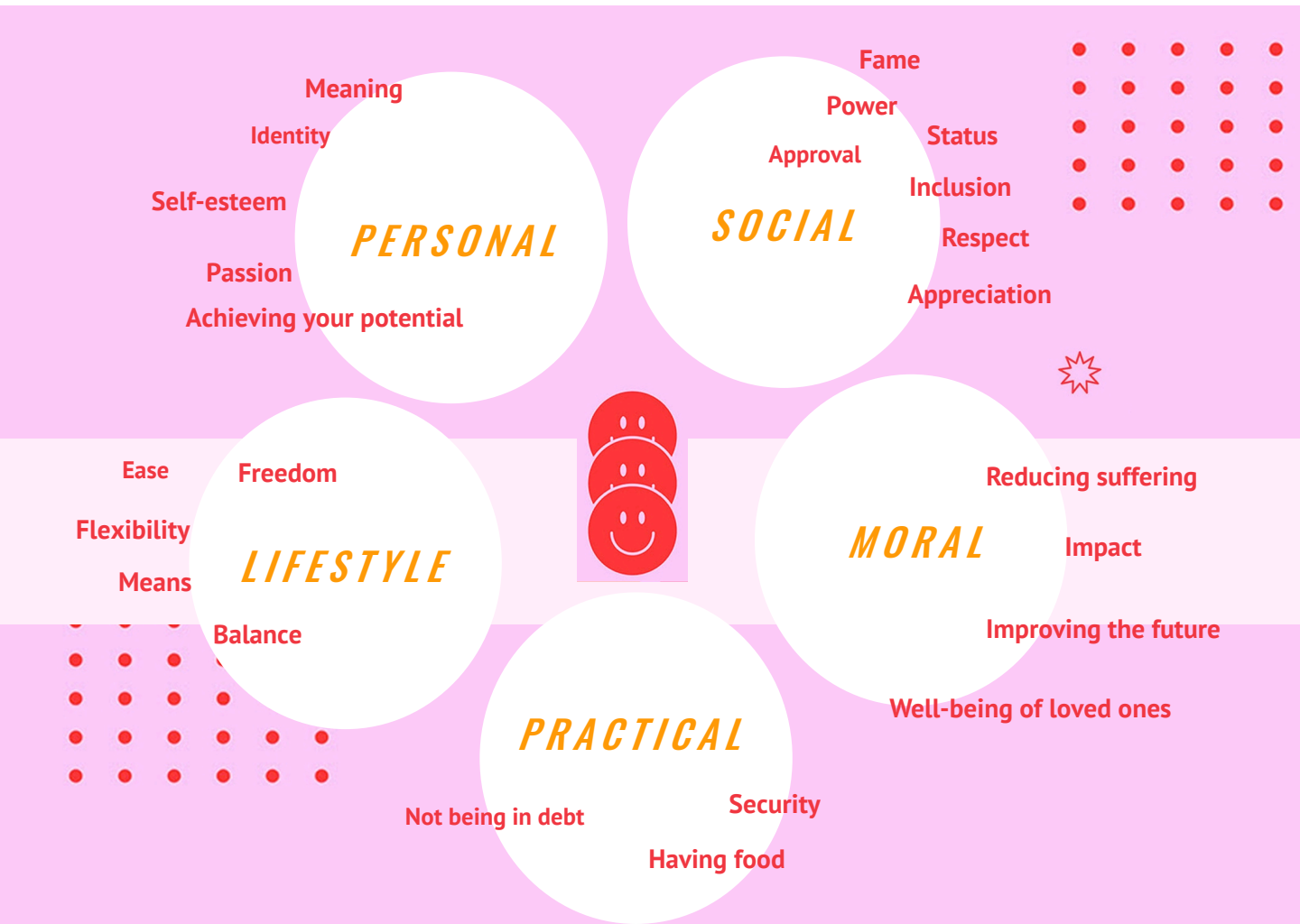
EPISODE ONE: BUILDING A WANT BOX

We each have our own personal cravings. The particulars of each person's cravings will vary, but people also aren't all that different from each other.

Activity: Work out what you crave MOST in a career using the diagram below as a reference. Each circle represents a craving you have, and the words around them are cravings that fit within that group.

The rules:

- Cravings don't often all get on with each other, not even the words that fall under that category head get on. (We chat about this in the podcast).
- Once you pick and list all the things you crave for, **work out why**.
- Once you understand whether you really crave it or not, **rank them in a hierarchy**.



EPISODE ONE: BUILDING A WANT BOX



WORKSHEET:

My non negotiable craving is: _____

WHY?

Next up, I really value _____

WHY?

In third place, I value _____

WHY?