

The mini-me exercise

What did you want to be when you were little?

“What do you want to be when you grow up?” All around the world, adults continue to ask kids this question. WHY? Four reasons:

1. It’s fun to hear what kids are thinking about their future!
2. We know that if we push them to chase their dreams when they’re little, they just reach out and grab them.
3. Because kids actually have a REALLY good handle on the things they do and do not like to do. They know themselves really well!
4. They haven’t started shutting down on their dreams yet. They don’t yet know about rejection, or failure ... so they are unafraid.

A great way to get in touch with your grown-up dreams is to remember your childhood dreams. Sure, your interests have matured and shifted here and there, but often that little mini-you is more in touch with the grown-up you than you are.



The mini-me exercise

- When I was little, I wanted to grow up to be a ...

Why? What attracted you to that career?

- I also dreamed of becoming a ...

Why? What attracted you to that career?

- Sometimes, I also dreamed about growing up to be a ...

Why? What attracted you to that career?
