

TOOL 3: CAREER CHOICES

3C MY MOTIVES

ASSIGNMENT

THE PLAN(T)MODEL

1. Gaining insight into your thoughts and emotions

When you have to make a decision, different thoughts and emotions will arise. Depending on the type of the choice, the decision-making process will be different.

Everyday decisions are often made without (much) thinking. Your routines and ability to make choices, help you do so.

What shall I eat for breakfast?

Some decisions have a greater impact on your life and the lives of others.

I have been my brother's personal assistant for 4 years now. Time to change jobs?

When it comes to such important choices, people make decisions in different ways. Are you someone who strongly relies on your "gut feeling" and do you make intuitive choices? Do you sometimes make too impulsive and risky decisions? Or do you take the time to consider advantages and disadvantages of each possible outcome? Are you at risk of losing a lot of energy due to persistent doubts and worries? Perhaps you struggle with different sides in yourself?

The PLAN(T)model can help you clarify what is important to you, no matter what 'type of decision-maker' you are.

2. Considering positive consequences

The PLAN(T)model invites you to consider the advantages of each possible decision. As such, you gain insight into what matters to you and what drives you.

There are two variants of the PLAN(T)model.

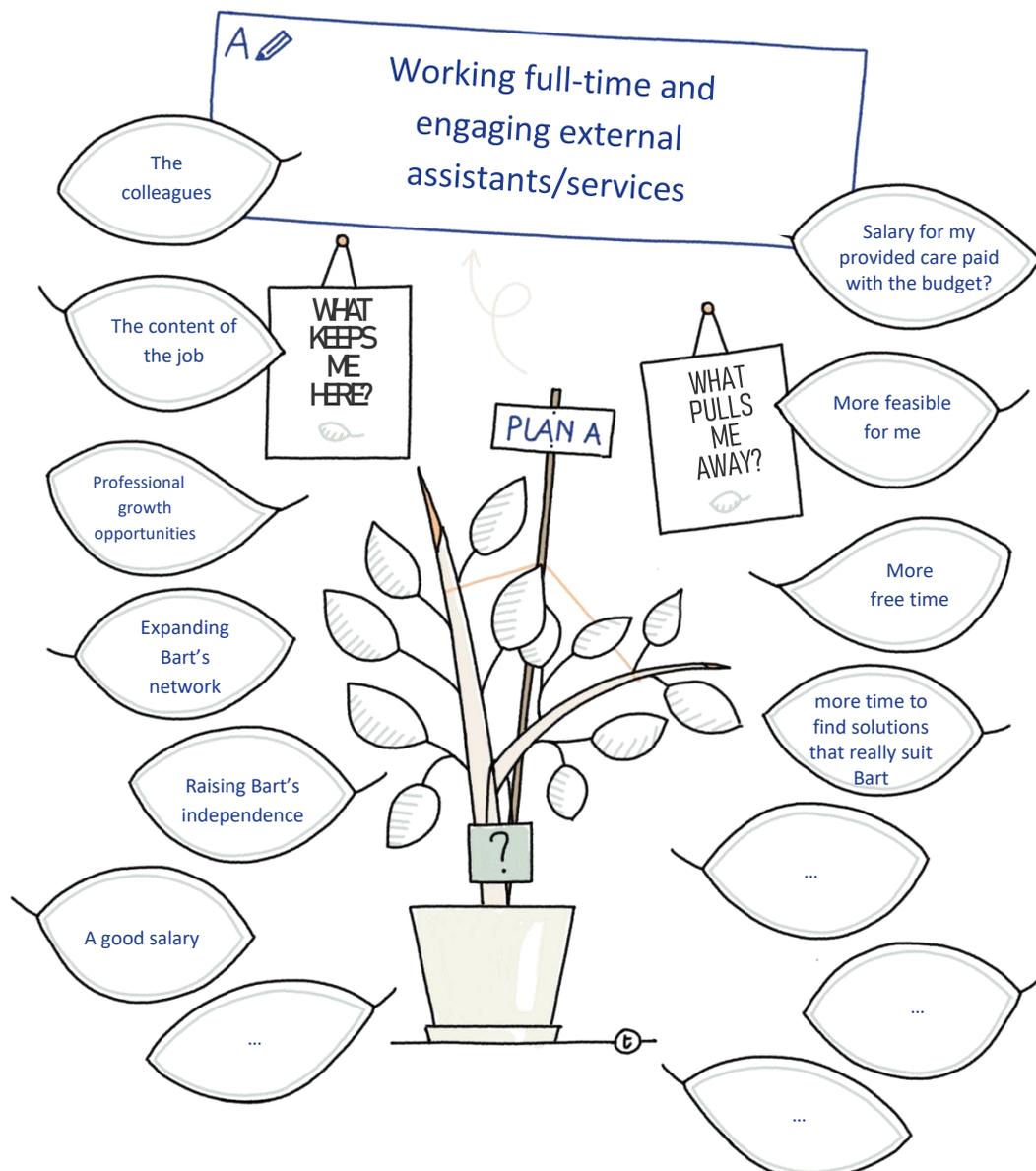


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Variant 1: considering one option

We will explain the assignment using an example. Imagine to be the father/mother of Bart. During the day, you work full-time and engages external assistants/services to take care of Bart. Write this in the big blue box (A). The existing situation (namely combining a full-time job with external help) is represented by the thick stem on the left side of the plant. Write the advantages of the existing situation in the petals of the plant. Think about the benefits for you (e.g., my job gives me satisfaction) and for others (e.g., it increases Bart's independence).

Next, you can consider the benefits of changing the existing situation, such as quitting your full-time job or reduce it (strongly). That alternative situation is represented by the thin stem on the right side of the plant. Fill out the advantages of the alternative situation in the petals of the plant. Think about the benefits for you (e.g., more free time) and the benefits for others (e.g., more time to find fitting solutions for Bart).

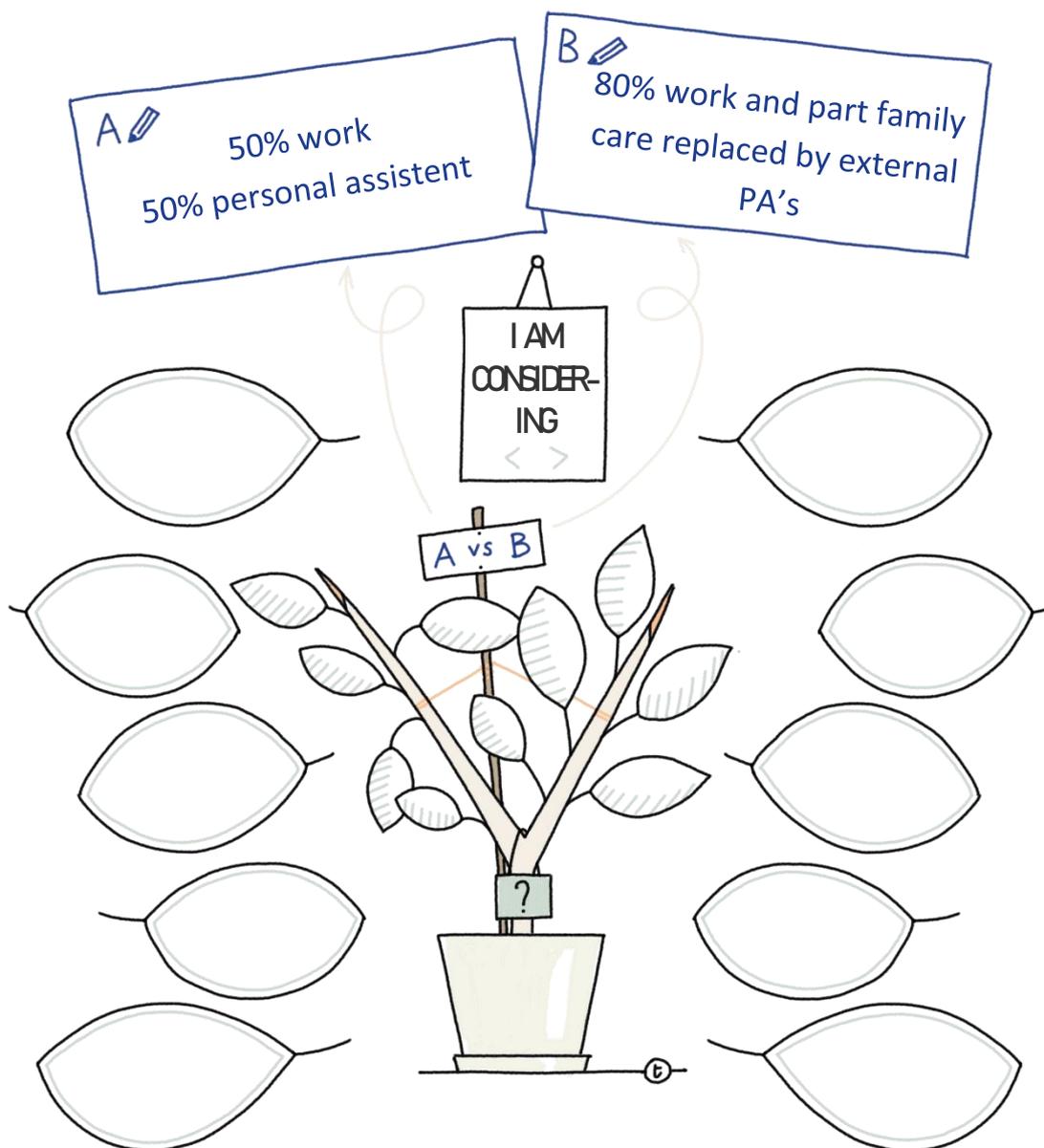


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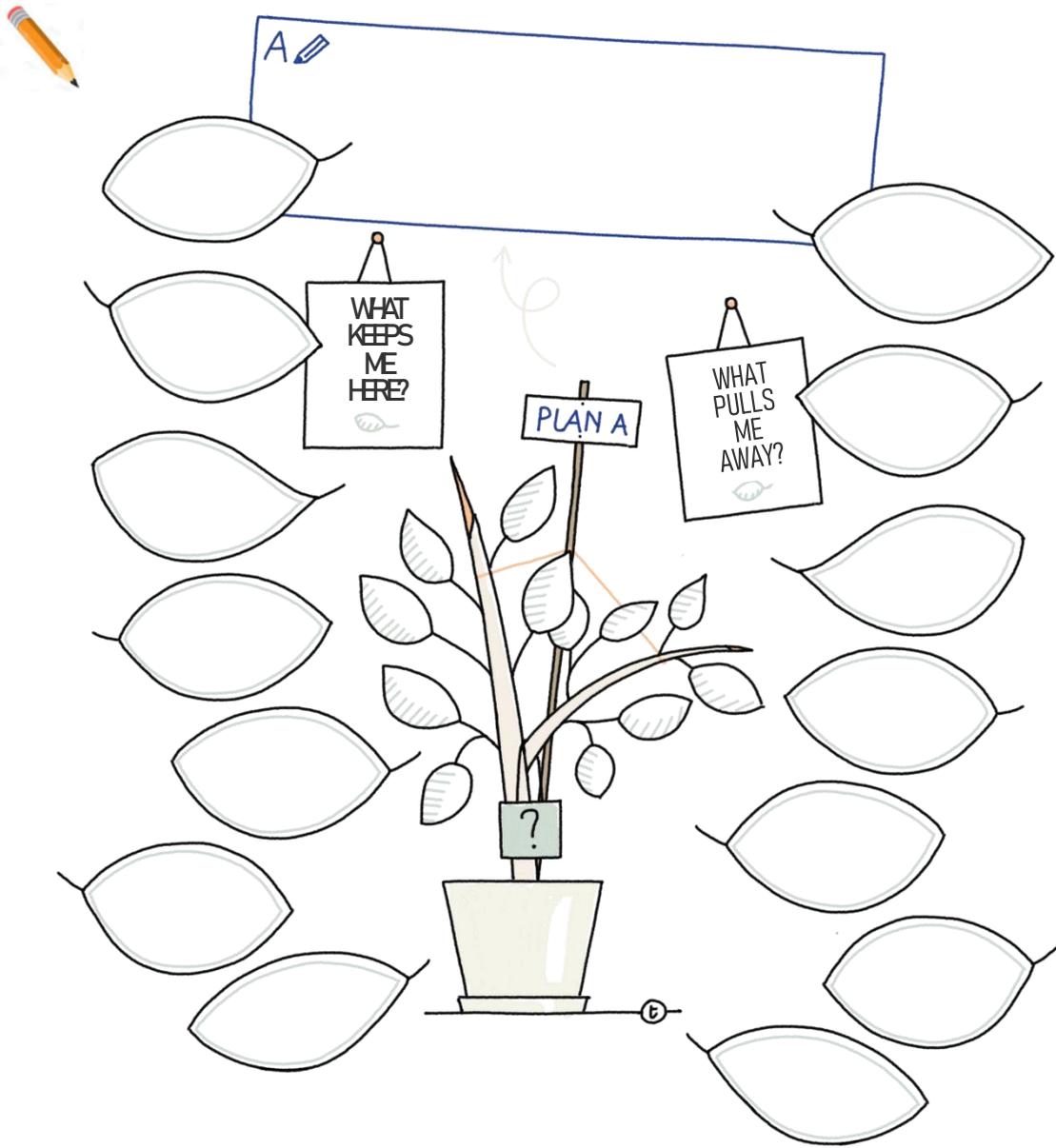
Variant 2: considering two options

It is also possible to consider two concrete options. In that case, the stems of the PLAN(t)model represent the different options. Write both options in the big blue boxes. Then, write the advantages of each option in the petals of the plant.

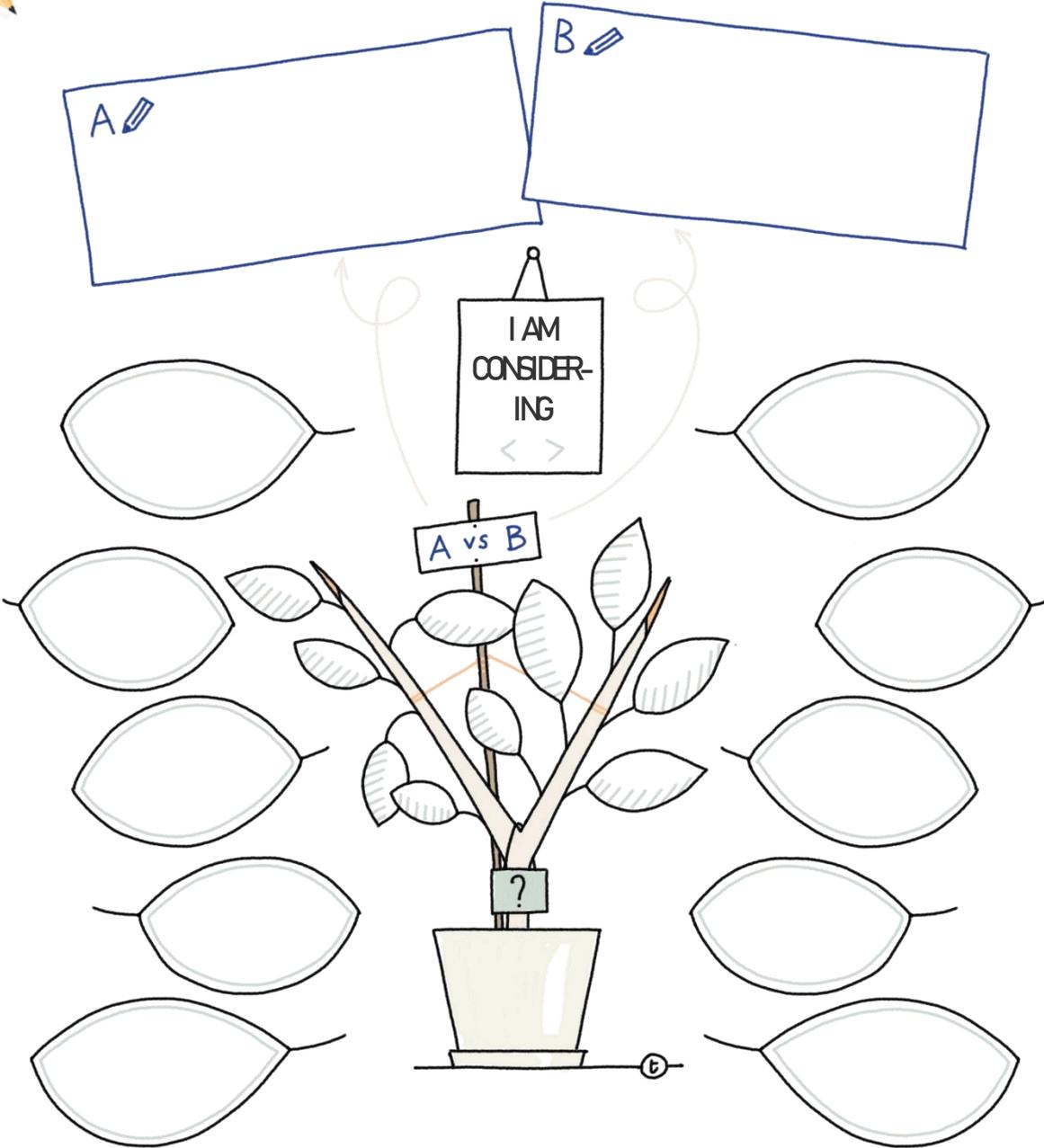
We invite you to make your own exercise.
You can choose between variant 1 or 2.



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3. Your personal conclusions after the exercise

Making a decision?

Maybe, you made a decision, excluded some options or identified the pathway that you want to explore after the exercise.



Considering multiple options

By completing the exercise, you gained insight into your values and priorities. It is maybe helpful to not directly make a definitive decision, but to explore different 'stems'.

Do you have to choose between one option or the other (or/or)? Or can you find a combination (and/and) with the best of both worlds? Did the exercise stimulate you to considering other options?



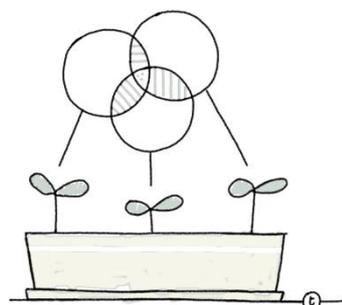
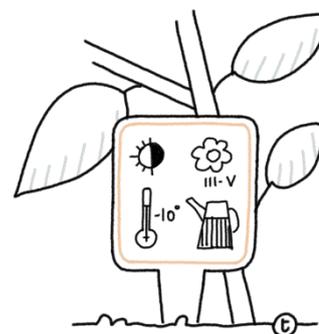
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Hints:



Check out the Toolbox overview to see which themes may be useful to explore vague thoughts/feelings in depth or to find alternatives.

Who can help you to make a decision based on the things that drive/discourage you or to find alternatives?



*Observe &
talk about your plans
#shoredhumanity*

Intentionally use time periods to make or test a (provisional) decision.

The next 6 months...

Multi-tracking is a smart plan: try different things on a small scale at the same time.

Let it bloom for a while and see what happens.

Does it well or does it shrivel away?

Afterwards, repeat the exercise to reveal your 'unconscious' evolution in thinking, feeling and doing.

