

EXERCISE



The Vision Collage: Designing Your Next Chapter

Purpose: Imagine two possible future paths for your career and life

Instructions:

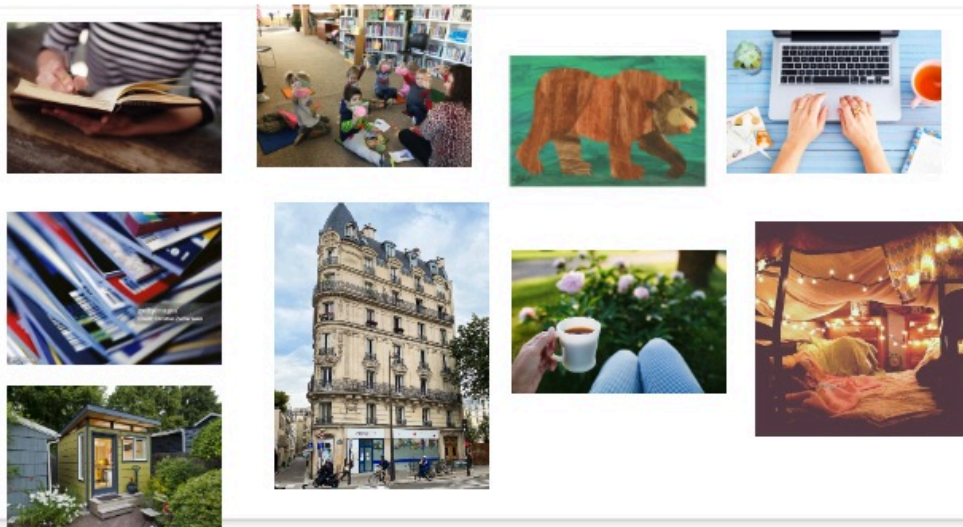
1. Envision "The Amazing Life You've Already Planned"
 - Visualize continuing on your current career trajectory
 - Where are you in five years?
2. Envision "The Wildly Audacious Life"
 - Reflect on your biggest, boldest dreams. If success was guaranteed, what would you pursue?
3. Create a vision collage:
 - Use magazines, digital tools, or drawings to depict the feelings associated with both of the paths
 - Compare: What insights and feelings come up when exploring these two paths side by side?

Examples of Vision Collages

Visioning Collage: What pictures and images best represent your vision?



Visioning Collage: What pictures and images best represent your vision?



EXERCISE



The Visioning Narrative: Tell the Story of Your Two Future Lives

Purpose: Imagine two possible future paths for your career and life

Instructions:

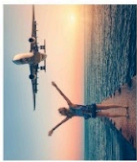
1. Envision "The Great Life You've Already Planned":
 - Picture continuing on your current career trajectory. Where are you in five years?
 - Write a narrative for a "day in the life" in this vision, focusing on your work, environment, and relationships.

2. Envision "The Wildly Audacious Life":
 - Reflect on your biggest, boldest dreams. If success was guaranteed, what would you pursue?
 - Write a narrative for a "day in the life" in this vision, focusing on your work, environment, and relationships.


Reflection Prompts:

- What excites you most about each vision you created?
- What fears or hesitations arise when considering the "Wildly Audacious Life"?
 - What steps could you take today to move closer to achieving the vision?

Visioning Template

<p>Accomplishments: What will you have done, achieved, or accomplished in 5 years? <small>Work, Relationships, Play, Health (physical, financial, emotional/spiritual)</small></p> <table border="1"><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>																	<p>What is the story of your career and life in 5 years? <small>Placeholder for your vision</small> What will your life look like? Where will you live? What impact will you have?</p>	<p>Positives What excites us most about the vision?</p> <table border="1"><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>																
<p>Negatives What concerns you most?</p> <table border="1"><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>																	<p>Visioning Collage: What pictures and images best represent your vision?</p> 	<p>Next steps How might we take action and test the vision? What resources will you need?</p> <table border="1"><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>																
<p>Unanswered questions What unanswered questions do you have about your vision?</p> <table border="1"><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>																																		

OUR NEXT COHORT STARTS ON FEBRUARY 11, 2025



Reimagine Your Career: A Playbook for Designing Your Next Act

Women in mid to senior-level roles in tech are managing feelings of isolation and loneliness. It's a struggle to navigate the demands of intense careers while also cultivating a fulfilling life outside of work.

Lift Up Connections provides the peer community support, guidance, visioning, and leadership expertise to bring your whole self to your work, reimagine what's possible, and cultivate your authentic voice.

Next cohort begins on February 11, 2025

A promotional banner for a cohort. On the left is a portrait of a woman with shoulder-length brown hair, wearing a dark blazer over a black top and a necklace. The background is a dark teal color. To the right of the portrait is the title 'Reimagine Your Career: A Playbook for Designing Your Next Act' in white bold text. Below the title is a paragraph of text in white, followed by another paragraph. At the bottom right is a blue rounded rectangular button with white text that says 'Next cohort begins on February 11, 2025'.

liftupconnections.com