



Possibility Mapping Exercise

Get unstuck, expand your dreams, make an action plan



For more College of Liberal Arts career preparation, visit our website.

Materials: A piece of paper, a writing utensil

Step 1:

On the back of your paper, draw yourself or write your name in the center.

Think to yourself about the following questions, then write them at the bottom:

- What are you curious about for the next few years?
- Is there any piece of your future that you have worries or anxieties about?
- Is there an upcoming decision you're worried about or trying to figure out?

Step 2:

Ask yourself: What's possible? What are you curious about? What are your options? What if it works out the way I want? (anything in your future – **include at least 1 career-related idea**)

Write your ideas for these questions around yourself. Could be as clouds, lines, anything!

- *This step is not about making decisions or deciding what will happen. This is about exploring possibilities and giving ourselves permission to wonder, be curious, and think expansively. Some of these may be more exciting than others. Some you may not even be truly interested in pursuing. Writing them down as possibilities helps us gently explore our options, listen to our feelings, and picture our futures.*

Feeling stuck? Check out other activities on the career resources website first!

Step 3:

Once you've listed your possibilities, reflect to yourself:

- What are you most excited about? **Highlight it or put a star next to these!**
- What least excites you?

Step 4:

Wherever you have space, **write down 3 action steps you could take within the next few weeks to get closer to your most exciting possibility.**

Example:

- **Question:** What should my major and minor be?
- **Possibilities:** Sociology, Ethnic Studies, Women & Gender Studies
- **Action Step:** By Friday, I will look at the CSU Course Catalog to learn about the classes for each, to narrow my major and minor options.