The Gen-X Factor: Career Navigation Strategies for the (So-Called) “Lost Generation”

THREADS
What are the abstract and concrete elements (threads) that, woven together, comprise your idea of “a good life.”

The full picture:
How do the threads fit together?
DO they fit together?
What threads are you most happy with? The least?
If you changed the threads you are least happy about, what impact would the change have on the other threads?
Are there non-work threads that need immediate attention? How might this change your work situation?

Work specific:
Where does your work thread fit?
Are you happy about your work situation?
What is good about it?
What would you change? How might this have an impact on your other threads?

The future:
Where would you like your career to be in 5 years? 10?
What do you need to happen to get there?
What aspects do you control? Which are out of your control?
Identify 2 or 3 actions you can take in the near term to move you closer toward your goals.
**Work/Life “Balance” Graphic Organizer**

A tool for helping identify conflicts between what you value in your work specifically and life generally.

<table>
<thead>
<tr>
<th></th>
<th>Must Have</th>
<th>Would Be Nice</th>
<th>BONUS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Work</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Life</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>