



Career Services

# 3 Lives Exercise

## Resources:

- Career Services
- Handshake
- Professors
- Academic Advisor
- Academic Catalog
- Academic Roadmaps
- Academic Focus Areas

Planned Life

What-If Life

Genie Life



# 3 Lives Exercise Instructions

Maybe, you are overwhelmed by the many majors offered at UNO. There are a lot! This exercise can be helpful on crafting some options for your future. You will fill this out with bullet points, pictures, sentences, buzz words or whatever else comes in mind when thinking on these various lives.

There are 3 possible lives/careers you will visualize:

1. **The Planned Life:** This is Plan A. The one you have been dreaming of, sharing with family and friends about and have actively pursued different routes to explore it. This is usually your conventional life.
2. **The What-If Life:** This is the life that would happen if plan A was no longer available to you. The planned life is not even an option anymore. What would you do if that were to happen? What other careers interest you? What other skills could you utilize?
3. **The Genie Life:** Imagine you came across a genie in a bottle, that would guarantee you success in whatever career of life you desired. This could be ANYTHING, from a professional athlete, FBI agent, travel advisor, YouTuber, Influencer, etc.

Be sure to consider these things while planning out your lives:

- How much money would you make?
- How often you would need to travel
- What degrees are needed?
- How long will it take you to achieve this career?
- Where would you live?
- What types of entry-level or internships could you pursue to expand your experience in these plans?

**Goal:** Pick one or two options within these lives outlined, focus in on them by seeing which majors align, what introduction level courses you could take to learn more, and if working with the Career Crew to envision one of these futures.