

The Ten-Years-Out Exercise

1. What is the current date? How old are you?

2. Where and in what kind of environment are you living?

3. What is your family situation?

4. What kind of work are you doing?

5. Describe the institution / organization you work for.

**6. What does your work place look like? What kind of building do you work in?
Where is it located? Is the environment urban, rural, etc.?**

7. Describe a typical workweek / day.

8. Do you work standard hours or is your schedule flexible?

9. Describe your lifestyle. Do you have much leisure time and if so how do you spend it?

10. What is your current financial situation?

11. Are you as happy as you thought you would be? Why or why not?