

## The Career Rainbow-Life model

We all play lots of different roles during our lives and sometimes one role plays a larger role than at others. As a youngster we are more focused on study than in our mid life.

What is your life like now?

Where would you like it to be in the future?

Divide 15 points up between each of the roles that you play in your life now. (you can give some zero) Look back and score your life as it was at the different points and then look forward.. what do you want it to be? How will you create that future?

