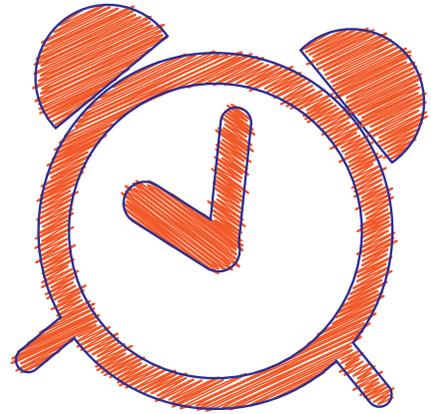


What's the big deal about career planning?



It's a matter of TIME.

One of the biggest reasons to plan for a career you'll enjoy is time. Some simple math illustrates the importance of time:

The average person works until the age of 55, at least. Suppose you start working when you're 20. That means you'll spend at least how many years of your life working?

1. _____

Let's look at the time spent working from the *percentage* of time spent working. First, figure out how many total hours there are in a week.

2. _____

The average person needs eight hours of sleep a night. Figure out how many hours a week that equals. Then subtract sleeping hours in a week from the total number of hours in a week in step 2.

3. _____

The majority of people work at least 40 hours a week, either at one job or two or more jobs. Subtract those hours from the remaining (non-sleeping) hours in a week.

4. _____

Now, figure out what percentage of your non-sleeping time each week you'll spend working

5. _____

Wouldn't you prefer to spend all that time at a job you enjoy, rather than one you hate?

Plus, your work may often **influence**



- the people you hang out with
- where you live
- time spent with family and friends
- your leisure activities and hobbies, etc.



In other words ...

your career will be a major part of who you are!