

Name:
Class Yr

Date

FUTURE PLANS EXERCISE

This exercise is designed to increase awareness of areas in which you have growth opportunities; assist you in identifying resources needed to carry out your plans, and encourage you to recognize those areas of optometry most consistent with your plans.

You should do this exercise throughout life; it can give you direction and motivate you to use your time constructively. This outline will help organize your dreams into concrete goals. Some categories may not be relevant to you, and you should feel free to add more categories.

Type out goals in each area, including all aspects of a goal learned in class. If none, write none.

I. Education

- A. Interest Classes -**
- B. Postgraduate Education -**

II. Teaching

- A. Public Speaking -**
- B. City College -**
- C. University -**
- D. Optometry School -**

III. Research

- A. Private Practice -**
- B. Industry -**
- C. Optometry School -**

IV. Investments

A. Practice -

B. Real estate

1. Home -

2. Office building -

3. Vacation home -

4. Rental Property -

C. Securities (Stocks and bonds) -

D. Insurance -

E. Other -

F. Retirement -

V. Home improvements/construction

A. House exterior appearance -

B. Landscaping -

C. Interior Decorating -

VI. Personal

A. Cars -

B. Clothes -

C. Dining out -

D. Jewelry -

E. Collections -

F. Other -

VII. Community activities

A. Church, temple -

B. Service clubs -

C. Other -

VIII. Political office

A. Optometric

1. Local -

2. State -

3. National -

B. Public

1. Local -

2. State -

3. National -

IX. Travel

A. Statewide -

B. National -

C. International -

X. Recreation

A. Sports -

B. Hobbies -

C. Club membership -

D. Other -

XI. Family

A. Marriage -

B. Children -

C. Animals/pets

D. Children/spouse plans -

XII. Optometric

A. Self-employed or employed -

B. Type of practice -

C. Scope of practice -

D. Location -

XIII. Retirement

A. When -

B. Expected income level -

C. Planned activities -

D. Location -