

# The High-Five Messages of Career Planning

## Message 1: Follow Your Heart

People are happiest and do their best when doing what they love. As well, pursuing dreams provides motivation, direction and helps to clarify what is really important to people. Dream. Let your dreams shape your goals. Use the energy your dreams give you to learn the skills and take the risks needed to make your dreams, or any part of them, a reality.

## Message 2: Seek Assistance / Assess Your Allies

As you navigate the process of career planning and its challenges, you will quickly realize you cannot do everything alone. It is important to find allies for yourself. Allies come in many different forms; some will be with you for a long time and others will help with a specific situation. However long they are in your life, it is important that you know who you can turn to for support. Remember to involve people who play a major role in your life, such as family, neighbors, coaches, teachers, or friends. You can also find helpful people at local employment and career centers in your community. Remember that while it is important for you to build networks of allies for yourself, it is also important for you to be part of the network of others.

## Message 3: Change is Constant

Both in work and in life, change is a constant force. Change can be challenging, but it can also create opportunities. Being flexible, versatile and adaptable can harness the power of change to build career success. Stay current on what is going on in the labor force because, in the new economy, your career will likely change a number of times over your lifetime.

## Message 4: Learning is Lifelong

Learning is a continuous lifelong process. Learning, skills development and work are intertwined activities that you will engage in as a continuous cycle of career building experiences. It is important to realize that your future employer will need you to have current skills. While you may have a diploma or degree, you should understand that you might need to be taking classes, reading and learning for the rest of your career. “If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you.”

## Message 5: Focus on the Journey

Life is a journey of experiences with destinations or goals as stopping points along the way. Career building requires attention to goals and to all that occurs on the journey toward these goals. As you continue on your career journey, you may achieve your original goals, or decide to revise them and set new goals.