

## EXERCISE

# Alternate Lives



Time: 15 minutes solo, 15+ minutes in conversation



Setup and materials: pencil/pen and worksheet



Good For: individuals in transition or people who are searching for purposeful work

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### Framing:

*Here we explore alternate lives in the way a child would imagine “if I were....” You daydream. Be playful with this. Include things you thought about as a child, or that you imagine might be interesting occupations. This is not what you aspire to in “real life.” Don’t limit yourself by only imagining what you think is possible or a life that you think you might want to pursue. This exploration is just a process of letting your imagination go and playing with possibilities.*

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### Steps:

1. Using the worksheet below, identify and explore at least six alternate lives. In the first column write down the profession or identity of each of those lives. You could imagine being a dolphin trainer, an astronaut, a dancer, a monk, even an animal like a bear or a squirrel. In the first column of the worksheet, write what you would be in this alternate life.
2. In the second column of the worksheet, write down how you would spend your time in this alternate life. Think about the kinds of activities that profession or role would involve. Identify the behaviors that would be part of living that alternate life. As a dancer, you might work on choreography in the dance studio every day. You might exercise, stretch, learn new postures or explore imaginative movements. You could work out every day to improve your balance and flexibility.
3. In the third column, examine what that identity and the related behaviors say about you. You wouldn’t have this daydream if it didn’t express something about who you are. You may not ever become a dancer, but the idea of being graceful, or disciplined, or artistic could be something that captures your imagination.
4. Using the information from the solo exercise, explore some questions either by yourself or in a coaching conversation.

What patterns do you notice as you look at these alternate lives?

What daydreams have gotten lost over the years?

How might you rediscover them?

How can you express more of the third column in your life now?

How would that enhance your sense of being more yourself?

What actions could you take that would bring the essence of these daydreams into your current life?

TEMPLATE

# Alternate Lives

If I were

this is how I would spend time

and that would express what about me?