

Choose your own adventure: *The choice point*

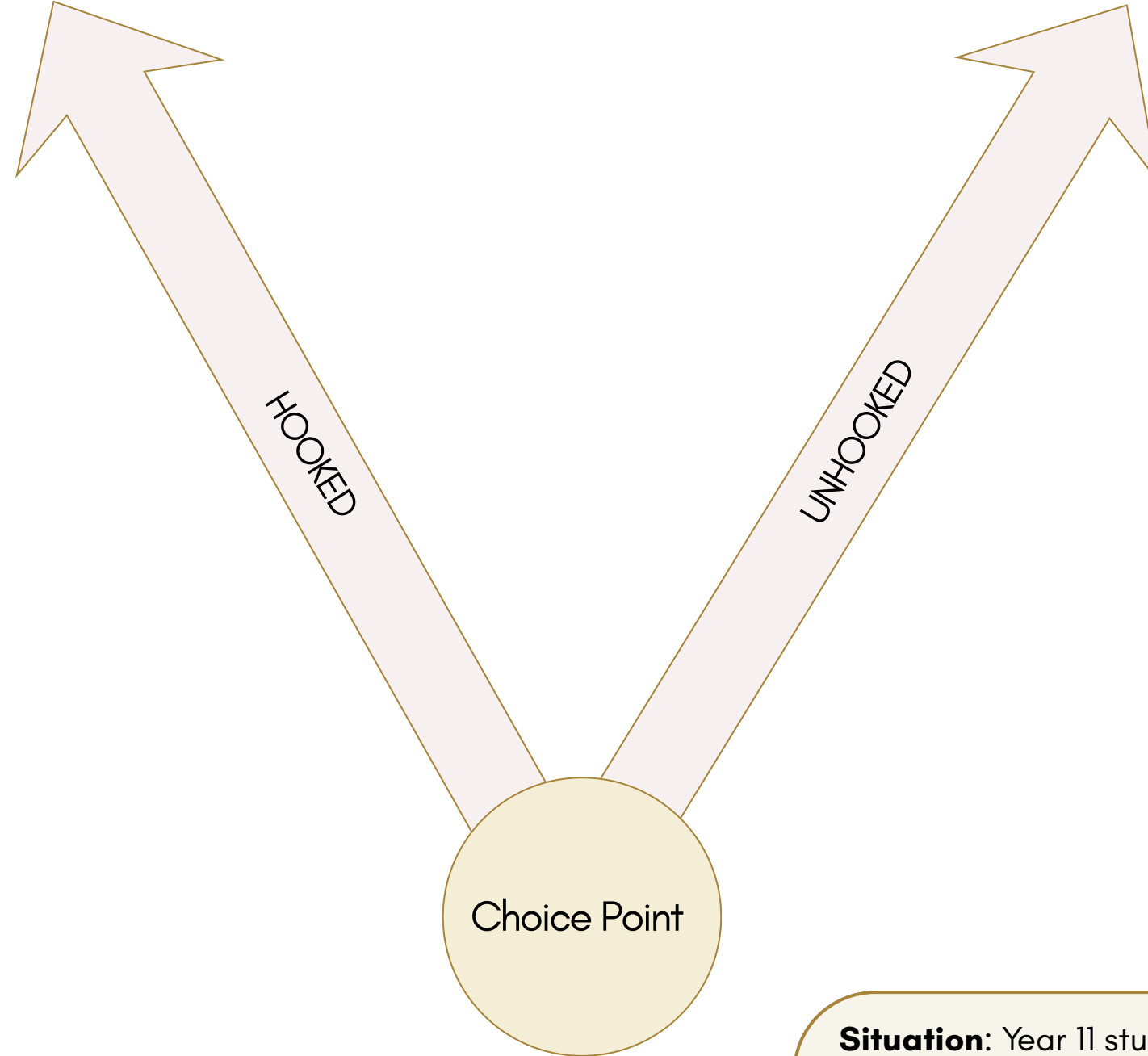
You're standing at a crossroads. One path says 'avoid the uncertainty' – the other says 'take a small step towards the future you want.'
Which choice moves you closer to the person you want to become?

**Away
Moves**

**Towards
Moves**

Moving away from discomfort:

- 🚶 Avoiding booths or conversations
 - Walking past opportunities because "I don't know what to ask"
 - Not approaching people because it feels awkward
- 📱 Escaping into distractions
 - Scrolling on your phone
- 🙄 Comparing and shutting down
 - Thinking 'Everyone else has it figured out'
 - Deciding 'I'm behind, so there's no point trying'
- 🙇 Giving up before starting
 - 'I'll just see what happens'
 - 'Nothing interests me'
- 👥 Choosing based on pressure
 - Picking a course because friends are doing it
 - Choosing what family
- 🧱 Staying in the comfort zone
 - Avoiding trying something new because they might fail
- 😬 Trying to eliminate uncertainty
 - Waiting until they are 100% sure before taking any step
 - Believing they need the "perfect" plan



Notices 'I'm feeling uncertain' and that's ok

- Gets curious
 - what interests me
 - what kind of environment do I thrive in?
 - what do I stand for?
 - what do I enjoy doing?
 - what gives me energy

Takes one small action

- Ask one question at a career booth
- Start a conversation even if it feels awkward
- Try a career quiz
- Research one pathway
- Talk to someone in a field they are interested in
- Ask someone about what their job is really like
- Learn my values
- Remind yourself:
 - it's ok not to know yet
 - I can explore without having a plan
 - I'm allowed to change direction

Choice Point

**Situations
Thoughts &
Feelings**

Situation: Year 11 student at a job expo

Feelings: Overwhelmed by the info, feels unsure

Thoughts: 'Everyone knows what they're doing'

'What if I make a wrong choice?'

"I don't even know where to start"