

## Checklist for Selecting Your Extra Curricular Activities

To make sure you are intentional about how you are spending your time and money, we need to get clear on things first. So, the first thing you do is talk with your family and dig deep into yourself to find out exactly what you want in life. Be clear on your goals.

Think about the following categories, and jot down what you want to achieve in each. This doesn't have a time limit, just a vision or dream.

Career:

Money:

Health:

Lifestyle:

Family:

Love:

Personal Growth:

Thinking about those things, what is most important to work on right now? What are you trying to grow and expand? Be explicit. What do you want it to look like?

In an ideal world we'd be able to get everything we ever wanted. If we had an unlimited amount of time and money, we could probably get all the things above. But, we live in the real world, so we have to make compromises about what we can put off and what we can set as a priority.

Now that you have your priorities straight, you can look at the opportunities in front of you and decide if they are ones you actually want.

### Checklist To Run Against Opportunities

**A word of caution: Know Thyself and Thy Limits.** If you run your opportunities through this checklist and they meet what you need, you could potentially still be overwhelmed if you don't know how much time you have to devote to make these moves work.

If you don't know how much you can handle, I recommend giving it a shot anyway. You gain knowledge of yourself at the very least. It won't be the end of the world to give it an honest shot.

#### The checklist:

- ▣ It helps you reach your priority goal in more than one way.
- ▣ The mission of the organisation fits with your values and interests.
- ▣ You can grow using the network in both a professional and a personal way.
- ▣ They have resources you can use for your work and add value to your life.
  - Research materials (like journals, online materials, etc.)
  - Events where you can network, take classes, etc.
  - Discount codes you can use for a variety of things.
  - Forums where you can ask others in your field for help or advice.
  - Financial help, like grants.
  - Job listing.
  - Discussions about what's going on in the field so you can stay a step ahead
- ▣ They have access to classes so you can constant expand your skills.
- ▣ It's within your budget.
- ▣ Meetings aren't in places that you can't attend.
  - Alternatively, smaller regional meetings with one larger annual meeting.
- ▣ Spending resources on this goes well above and beyond the FREE version of the same organisation.

Remember, resources can be in the form of time, money, or goods that you contribute to it.

There are a lot of different places that will ask you to be a member. They need the money. They offer very little in return, and most of what they offer directly from the organisation costs them very, very little. Instead, to make the most of it, you need to look for how to network and grow your career and personal circle.