

GOALS AND DREAMS QUESTIONNAIRE

(By [Molly Carr](#))

This document contains a set of questions aimed at helping you clarify your career goals and dreams -- through asking you to take a deep and honest dive into your own imagination. Hopefully by the end of this set of questions, you will hold a map/basic outline of your own dream life and career along with a basic understanding of the pieces, steps, connections, and possibilities around you that you might use to help yourself start taking one baby-step at a time toward your dreams! N.B. - This questionnaire should be revisited and updated regularly (at least every 6 months).

LEAVE REALITY OUT OF THIS. ANSWER FROM YOUR DREAM WORLD:

What are my Goals/dreams for viola/violin/composition/etc? Where do I imagine myself in my BEST POSSIBLE WORLD (be as specific as possible - include geographic regions involved; people and colleagues involved, schools or organizations involved, types of concerts/audiences you'd love to be performing for, whether you're based somewhere like a University as a professor or staying out in the "freelance world" etc....)......

1yr -

3yr -

5yr -

10yr -

(20yrs?) -

LEAVE REALITY OUT OF THIS. ANSWER FROM YOUR DREAM WORLD:

Family life: what does this look like in.....?

1yr -

3yr -

5yr -

10yr -

(20yrs?) -

What do you love about performing? Is there anything you don't like about performing?

What do you love performing? (What type of music? With whom?)

What do you love about teaching? Is there anything you don't like about teaching? What is your optimal age range for teaching (2-5 year olds, 5-10 yr olds, junior highers, highschoolers, etc)

What do you love about composing? Do you love teaching composition? (If not answered in the questions above, what would you like to do - in your BEST OF ALL POSSIBLE WORLDS - with your composing?? Who would be playing/hearing your pieces? LEAVE REALITY OUT OF THIS. THIS IS YOUR DREAM WORLD...)

Other interests/talents (besides music)?

Do I want to make sure my life has room for these talents and interests in....

1yr

3yr

5yr

10yr

(20yrs?)

List of contacts (write down an ongoing list of anyone you've ever met that you think might be a potential connection to something you're interested in pursuing - for example: your classmates and teachers in college - at least one of them is likely connected in some way to a concert series or festival somewhere that you could get hooked into performing on if you talk and play for the right person...)

- 1.
- 2.
- 3.
- 4.
- 5.

- 6.
 - 7.
- etc...

List of people with whom you'd like to play chamber music/work with/compose with/partner with (your dream teammates) LEAVE REALITY OUT OF THIS. THIS IS YOUR DREAM WORLD:

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
- etc...

List of organizations/series/FESTIVALS/schools that interest you in some way (and why?)

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
- etc

What are your weaknesses?

What would you like to improve in yourself and/or your playing/teaching/composing/life?

Is there anything in yourself that you feel is holding you back from the life and career you've described above? If so, what is it?

Write down any desires/ideas on how to work on each of the weaknesses/limitations you've written above, as well as at least one step you might take to improve each of them...

Now don't let a day pass that you have not taken at least one teeny tiny step toward your dreams. One email. One phone call. One step at a time always with your dream life and direction in mind.

Good luck!!!