

Finding your educational and career path can be overwhelming. I am excited to help you clarify ways your personality and interests fit into your experiences and values, and to point you in a direction that will start you toward finding fulfilling work.

1. First let's look at the three basic buckets careers fall into. Circle the one you most interested in working with. There are examples under each category.

Things

Machines

Earth & plants

Structures

People

Teaching/guiding

Helping/healing

Inspiring/entertaining

Groups & Systems

Educational systems

Political/governmental decisions

Healthcare

2. Next, let's look at how you typically interact with the world around you through exploring your DISC quadrant. Once we've done the activity circle the one you think most describes you:

Decisive Driver: love to get things done, take charge, make decisions

Interactive Promoter: love to influence and entertain people, come up with ideas

Stabilizing Supporter: love to help others, make sure everyone is seen and heard

Cautious Analyzer: Love to research information, weigh all the factors, analyze

You can complete a free DISC assessment at TonyRobbins.com

3. Now let's reflect on your core experiences, the ones where you felt a "wow" or wound.

Think about a time that someone either made a huge difference in your or a loved one's life. For some that could be a doctor or nurse who helped you or your family through an illness or medical event. Others remember an amazing mentor or teacher who inspired them. Some remember the first time they saw someone perform on stage and were swept away by that experience. You may want to be like that person, by doing something similar.

Think about a time that someone hurt, betrayed, or labeled you. For some that could be a teacher or other adult who said you weren't smart enough, or were bad at something. Others remember someone who hurt them. Some remember feeling invisible or unheard. You may want to "right the wrong" that happened to you. You may want to be teacher, a counselor, a police officer or other protector of people.

What role or job comes to mind when you think of your core experiences? _____

4. Another consideration is exploring your core values. I have listed core values adapted from the work of researchers Peterson and Seligman, see the next page. Although they all might be of interest to some degree please only check the boxes that feel the most important to you. It's okay to pick more than one, just preferably not more than three.

4. Core Values:

- Wisdom and knowledge:** cognitive strengths that entail the acquisition and use of knowledge. Key words include creativity, curiosity, love of learning, and holding multiple perspectives as true.
- Courage:** the exercise of emotions and will to accomplish goals in the face of opposition, external or internal. Key words include: authenticity, bravery, persistence, zest.
- Humanity:** interpersonal “tending and befriending” of the fabric of humankind. Key words include kindness, love, social intelligence, and culture.
- Justice:** civic actions that foster healthy community. Key words include fairness, leadership, teamwork, and autonomy.
- Temperance:** living life in balance. Key words include forgiveness, modesty, prudence, self-regulation.
- Transcendence:** contemplation of meaning into connections to the universe. Key words include appreciation, gratitude, hope, humor, and spirituality.
- Environment:** stewardship of planetary health. Key words include interconnectedness, wonder, and stewardship.

5. One more aspect of you to consider is what interests you in working and life. Please check the top two or three that best describe you. These are called Holland Codes and can help you find careers on www.onetonline.org using “search by interest:

<https://www.onetonline.org/find/descriptor/browse/1.B.1>

- I like being creative = **artistic**
- I like predictability and organized work = **conventional**
- I like things to be a bit different each day = **enterprising**
- I like tangible results from my work = **realistic**
- I like figuring things out = **investigative**
- I like working with people = **social**

There are also great, free assessments on CareerOneStop

<https://www.careeronestop.org/ExploreCareers/Assessments/interests.aspx>

You can also talk with someone (show them this paper to help them guide you) for free at WorkSource, 101 Prospect Street, Bellingham. Or your school career counselor, a teacher, or other trusted adult. It is much easier to talk with someone than figure it out on your own. 😊