

Career Passion Worksheet

First, review the Career Passion Tutorial at http://www.quintcareers.com/career_passion_tutorial/

Next, find and take a free assessment from the chart at http://www.quintcareers.com/online_assessment_review.html

What ideas, if any, did the assessment give you about careers that might fit you?

Favorite activities:

What do you love to do in your free time? Try and brainstorm 5-8 activities.

1.	2.
3.	4.
5.	6.
7.	8.

Skills:

What are the skills that come to you without thought and effort? What are you a "natural" at? Brainstorm 3-5 of these skills.

1.	2.
3.	4.
5.	

Dream jobs and careers:

If you could do any job in your life, what would you choose? Write down at least 5 careers that you would enjoy.

1.	2.
3.	4.
5.	6.

The types of things that energize you:

What types of things energize you? Think about people, places, and activities. Try to develop 3-5 examples.

1.	2.
3.	4.
5.	

Your lifelong interests:

Examine the past 5 or 10 years for activities, subjects, or causes that you have been deeply involved with at a personal level. Look for themes and connections. Record your list of interests.

1.	2.
3.	4.
5.	6.

Are the interests you listed **TRUE interests**? Are they **REALLY YOUR** interests, or are they interests in which you have been influenced by other people? Cross out any that are not YOUR true interests.

Areas in which you are already perceived as an expert:

What are a couple of areas where your friends and family see you as an expert – or at least as someone who is knowledgeable about the issue? In what area do people ask your help/advice?

1.	2.
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The values you most cherish:

Make a list of the values you hold dear and that help guide how you live your life.

Look at the list of values at http://www.quintcareers.com/workplace_values.html and list the 5 that are most important to you.

1.	2.
3.	4.
5.	

Subject areas you most enjoy reading about:

Develop a list of the subject areas you most enjoy reading about. When you are in a bookstore or the library, what are the subjects of the types of books and magazines that you are drawn to?

1.	2.
3.	4.

Best types of work environment for your personality:

What type of work environment fits you best?

- fast-paced, always changing
- slow-paced, predictable

Volunteering and community service experiences:

What types of volunteering have you done or wish you have done? Look for a theme.

Career paths taken by your friends:

Make a list of the careers that your closest friends work in (or plan to work in).

See anything that really grabs your interest? Write them down.

Your deeply rooted beliefs – your life’s calling:

Have your friends and family told you repeatedly that you would be excellent in a particular job or career? Do you have a deeply held desire for a particular career? Do you think about your calling in life? Write them down.

Life goals:

What are some of the big goals you want to achieve in life? What career(s) might help you to achieve them?

Putting together all your self-discovery results:

Gather your assessments, preliminary research, and answers to the questions and see if you can find a couple of obvious themes running through them. Make a final list of potential jobs and career paths.

1.	2.
3.	4.