



**CAREER EXPLORATION & PLANNING
Self-Discovery Worksheet**

Due Date: _____

Explore your values, interests and strengths to discover which careers are most closely aligned with who you are and the life you want to live. Instead of focusing on what you think you should do or what others expect of you, try to keep these questions in the back of your mind:

- “What experiences do I want to have?”
- “What do I want to achieve?”
- “What kind of contribution or difference do I want to make?”
- “What is most important to me in my personal life?”
- “How do my values, interests, strengths and personality align with my career goals?”
- “What do I really want out of life?”

Let’s get started!

ACTIVITY 1: Values (i.e., What’s important to you?)

Thinking about your values can help in your search to find purpose and meaning in your life and work. Through identifying and evaluating your values, you can get to know yourself better. As a result, you’ll have a more clearly defined idea of the types of jobs, organizations, and work cultures that will fit you best.

We all have many values, but **Core Values** are those we hold most closely and form the foundation for how we make decisions and set priorities. If you had to select your 3 Core Values, what would they be?

Answer the following questions to help you narrow down your top choices.

Who has inspired you? What qualities do/did they have?

What traits do you admire in others?

What behaviors do you not tolerate in others?

From the list below, choose the values that are most important to you. **Select only 3.** If you don't see one of your core values, add it on the line provided below. For a more comprehensive list of values, see the last page.

Accountability	Humor/Fun
Achievement	Independence
Balance (Home/Work)	Making a Difference
Coaching/Mentoring Others	Personal Growth
Continuous Learning	Power
Creativity	Recognition
Fairness	Risk-Taking
Health	Teamwork
Honesty	Wealth

Additional Values:

ACTIVITY 2: Interests (i.e., What do you like to do?)

Many people disregard their hobbies, the things they enjoy during their free time, when planning their careers. However, considering your interests is very useful when brainstorming career ideas.

Take a moment to think about your favorite activities. What do those activities have in common?

Complete the following online activity to explore your interests and see how they connect to careers:
<https://www.mynextmove.org/explore/ip>

Write down your top 3 interests, in order from the highest score to the lowest, from your Interest Profiler results (e.g., Realistic, Investigative, Social).

1. _____

2. _____

3. _____

Complete the Job Zones section. Explore at least 3 different levels of preparation so you can see a range of occupations. After reviewing the list of careers that fit your interests and require a variety of preparation levels, select 3 occupations to explore further by clicking on the occupation name. Record the information requested below:

Occupation #1

Occupation Name: _____

Other Job Titles ("Also Called"): _____

Main Skills: _____

Education Level: _____

Average Salary: _____

Job Outlook for Missouri: _____

Occupation #2

Occupation Name: _____

Other Job Titles ("Also Called"): _____

Main Skills: _____

Education Level: _____

Average Salary: _____

Job Outlook for Missouri: _____

Occupation #3

Occupation Name: _____

Other Job Titles ("Also Called"): _____

Main Skills: _____

Education Level: _____

Average Salary: _____

Job Outlook for Missouri: _____

ACTIVITY 3: Strengths (i.e., What are your natural talents?)

Having the opportunity to grow our strengths is more important to our success than our roles, our titles, or even our pay. In today’s increasingly talent-driven society, we need to know and develop strengths to figure out where we fit in and how we can make an impact. Research shows that understanding and using your strengths improves your confidence, direction, hope, and kindness to others.

So why isn’t everyone living life with a strengths approach? One big problem is that most people are either unaware of, or unable to describe, their own strengths.

Can you identify your top strengths? Think about your strengths related to school projects, hobbies, volunteer experiences, extracurricular activities, previous jobs, leadership positions, and in your relationships. Answer the questions below to help you reflect on your strengths.

What do friends, family, teachers, coaches, and others in your life most often say are your strengths?

What do people come to you for advice or help on most frequently?

What are some tasks that others dread but you love to tackle?

When are you most “in the zone” (in other words, when do you usually lose track of time because you’re completely engaged in what you’re doing)?

Recall 2-3 of your proudest moments in life. What were you doing when these events took place? What gifts or talents of yours enabled those moments to occur?

ACTIVITY 4: Online Strengths Assessment

CliftonStrengths is an online assessment that reveals your top five strengths (out of 34) and includes strategies to help you start applying your most powerful talents in educational settings and beyond. The *CliftonStrengths* assessment measures your natural patterns of thinking, feeling and behaving.

Please contact Jasper County CASA at lisa@jascocasa.org for your free access code and assessment instructions.

Once you've completed the online assessment, download the *Strengths Insight and Action Planning-Guide* for a description of your top 5 themes and ideas for action to help you apply your talents. Review your personalized reports and write down your top 5 strengths below.

1. _____
2. _____
3. _____
4. _____
5. _____

ACTIVITY 5: Tying it all together

We hope you enjoyed learning more about yourself. Now it's time to put this knowledge into action. Take a few moments to reflect on your values, interests and strengths. Based on what you discovered, create 1 goal for yourself that you would like to achieve in the next 30 days.

Your goal doesn't have to be career-related. It could be a goal to improve your friendships or a goal to learn a new skill or hobby. Get creative! Once you've identified the goal, fill out the chart below.

Specific What is the desired result? Be clear and try to include who, what, when, where, why, and how.	
Measurable How will you measure your progress? Try to include a number or quantity in your goal.	
Attainable What skills are needed? What resources are necessary? Is your goal achievable?	
Relevant Does your goal align with your values, interests, strengths, and personality?	
Time-bound What is your deadline? Is the deadline realistic?	
Barriers What barriers could you face and how will you overcome them?	

RESOURCES

If you decide additional education is required for your chosen career path, it is important to meet with a qualified academic advisor or related professional to learn about your options, including financial aid that could help cover the costs associated with your training or degree program. Below are several free local resources to support you on your journey.

- [Educational Opportunity Center](#): Guidance on applying to college and securing financial aid
- [Joplin Job Center](#): Job search support and career training programs
- [Joplin Adult Education & Literacy](#): Provide tutoring for the HiSET (high school equivalency exam)

Values List (Extended)

Accountability	Giving back	Risk-taking
Achievement	Grace	Security
Activism	Gratitude	Self-discipline
Adaptability	Growth	Self-expression
Adventure	Harmony	Self-respect
Altruism	Health	Serenity
Ambition	Heritage	Service
Authenticity	Home	Simplicity
Balance	Honesty	Spirituality
Beauty	Hope	Stewardship
Being the best	Humility	Success
Being a good sport	Humor	Teamwork
Belonging	Inclusion	Thrift
Career	Independence	Time
Caring	Initiative	Tradition
Co-creation	Integrity	Travel
Collaboration	Intuition	Trust
Commitment	Job security	Truth
Community	Joy	Understanding
Compassion	Justice	Uniqueness
Competence	Kindness	Usefulness
Confidence	Knowledge	Vision
Connection	Leadership	Vulnerability
Contentment	Learning	Wealth
Contribution	Legacy	Wellbeing
Cooperation	Leisure	Wholeheartedness
Courage	Love	Wisdom
Creativity	Loyalty	
Curiosity	Making a difference	
Dignity	Nature	
Diversity	Openness	
Efficiency	Optimism	
Environment	Order	
Equality	Parenting	
Ethics	Patience	
Excellence	Patriotism	
Fairness	Peace	
Faith	Perseverance	
Family	Personal fulfillment	
Financial stability	Power	
Forgiveness	Pride	
Freedom	Recognition	
Friendship	Reliability	
Fun	Resourcefulness	
Future generations	Respect	
Generosity	Responsibility	