

We all know that we need to find a good career fit for ourself if we want our life dreams to come true, but sometimes the first steps can be the hardest to take. In your Career Exploration Journal, record your answers to these 3 steps to learn more about yourself and start creating a vision for your future life!



## 1 My Career Priorities: Rank the top 5 items you want for your adult career vision, in order of their importance to you. Include the reasons for your rankings in your journal.

- |                                                                           |                                                                             |
|---------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <input type="checkbox"/> Use my interests and hobbies at work             | <input type="checkbox"/> My workplace relationships and atmosphere          |
| <input type="checkbox"/> Use my career skills and strengths at work       | <input type="checkbox"/> Get higher education degrees (AA, BA, BS, MA, PhD) |
| <input type="checkbox"/> Serve my community needs and help others at work | <input type="checkbox"/> My marriage, family life, and recreation time      |
| <input type="checkbox"/> My salary and benefits                           | <input type="checkbox"/> Other: _____                                       |

## 2 My Future Vision: Discuss your ideas of some important ways the world will be different in 2045 AD. Then, draw and/or write your answer the question below.

In 2045 AD, what 3 career areas will be the most needed to make a great future for all?

\_\_\_\_\_

## 3 My Career Skills & Interests: Complete the Career Skills Checklist on page 2, then rank them from your favorite to least favorite to do for a career.

☐ People Skills

☐ Thinking Skills

☐ Technical Skills

☐ Physical Skills


## My Career Skills Checklist

Although you will need to master all 4 career skills to be successful in any career, **employers agree that strong communication and thinking skills are the biggest keys to success!** To start your career training, read over the career skills below, and check off the ones you would really **enjoy** doing at a job! Discuss your ideas with friends and family to get honest feedback on your choices.



### 1 PEOPLE SKILLS



- ☐ Listening & Oral Communication
- ☐ Teamwork & Collaboration
- ☐ Leadership & Trust
- ☐ Negotiation & Conflict Resolution
- ☐ Empathy & Caring
- ☐ Civic Engagement
- ☐ Moral & Ethical Integrity

### 2 THINKING SKILLS



- ☐ Open-Mindedness
- ☐ Research & Interpretation
- ☐ Deciding & Problem Solving
- ☐ Persuasion
- ☐ Calculation
- ☐ Creativity & Design
- ☐ Self-Awareness & Mental Health

### 3 TECHNICAL SKILLS



- ☐ Electronic Communication
- ☐ Complex Data Analysis
- ☐ Office Suite Programs
- ☐ Coding & Programming
- ☐ Project Management
- ☐ Technical Writing

### 4 PHYSICAL SKILLS



- ☐ Body Fitness & Health
- ☐ Construction & Carpentry Tools
- ☐ Electronic Tools
- ☐ Operate Machinery & Vehicles
- ☐ Culinary Tools
- ☐ Art & Design Tools