

Name:

Date:

CAREER EXPLORATION

Self-Assessment:

Interests:

What subjects or activities are you passionate about?

What types of work environments do you enjoy?

What hobbies or leisure activities do you find fulfilling?

Skills:

What are your strongest skills (e.g., technical, creative, analytical, interpersonal)?

What skills have you developed through education, work, or volunteering?

What skills do you want to develop further?

Values:

What values are most important to you in a career (e.g., work-life balance, helping others, financial security)?

What motivates you to succeed in your career?