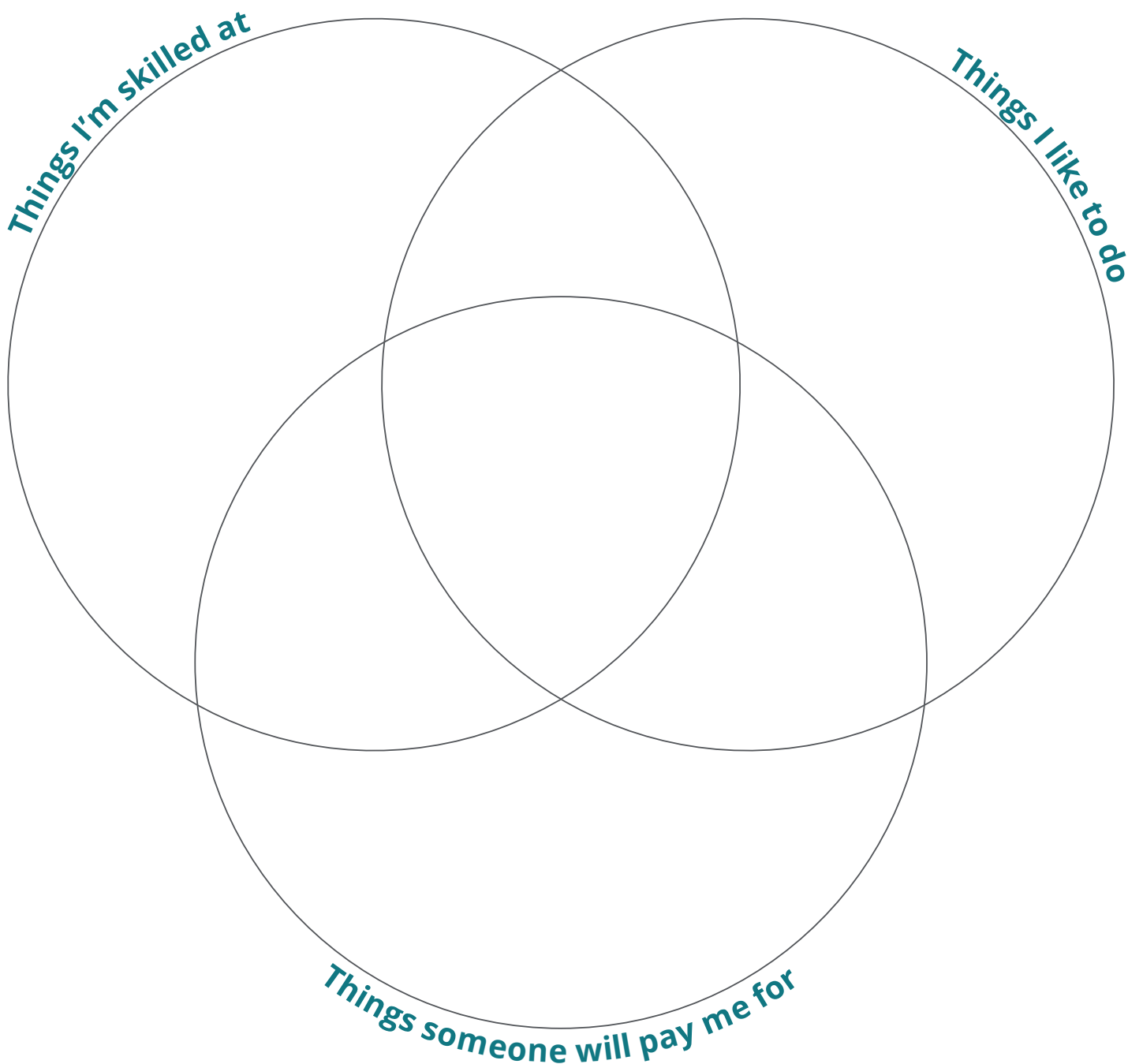


## ACTIVITY 1

# How to get ideas for your ideal career

A 3-way occupational Venn diagram is a great way to get some ideas and find career options that suit you best.

Use the diagram below (or draw another one where you have more space) and follow the three steps on the next page to see where your skills, interests, and payment opportunities intersect.



## STEP 1

### In circle 1

Add the **talents or skills** you think you have. If you need help, reach out to parents, friends, co-workers, or others who know you well. Often, they'll come up with things that you're good at that you might not think of yourself.

### In circle 2

Add anything you **enjoy doing**—whether it's work related or not. Basically, it's things that you're interested in doing, or would like to do if money and time weren't holding you back.

### In circle 3

Add the times where someone has **used your help**. Think about jobs you've had or volunteering you've done. It could be small, like mowing the grass, or something bigger like helping a friend code an app.

## STEP 2

Now look at each of the intersections of two of each of the circles:

- Things I like to do + things I'm skilled at
- Things I like to do + things someone will pay me for
- Things I'm skilled at + things someone will pay me for

Write down any **careers or jobs that come to mind** for these intersections.

For example, if you're skilled at cooking and enjoy planning parties, how about a job working for a catering company? Or if you enjoy video games and you're skilled at finding mistakes, how about testing software?

Be creative, have fun with this. The idea here is ... ideas.

## STEP 3

Finally, look at the intersection of all three circles.

Are there jobs or careers that would fit into all three of these circles?

If you get stuck at the intersections or at the intersection of all three, share what you've written in each circle with someone who knows you well (preferably someone who's been in the workforce for at least a few years).

Their experience means they'll have met more people and become aware of a lot more, and this can inspire great ideas. One of the reasons we don't think about a certain career is just that we didn't know it existed.

## ACTIVITY 2

# How to write a career mission statement

writing a career mission statement helps you clarify what kind of work you think you'd like to do – and why. There are three steps to this process:

1. Finding **who you are**
2. Finding **what matters to you**
3. Finding **what satisfies you**

Let's explore each so you can write your mission statement.

## PART 1: Who are you?

As individuals, we're constantly getting information and making decisions. But did you know we do this in different ways?

Some people prefer big-picture information. Others prefer detail. Some people naturally use objectivity and logic to make decisions, while others use personal values and concern for others.

The combination of these two things is a huge influence on your personality type. It also indicates the type of company and type of work that might resonate with you.

Here are four combination statements. Which one fits you best?

1. **I like to get things right.**  
(Details, precision, accuracy, and efficiency matter to me.)
2. **I like to do practical things that make people's lives better.**  
(Providing support matters to me.)
3. **I like to make a difference to people.**  
(Helping people fulfil their potential matters to me.)
4. **I like to gain knowledge and be the best at what I do.**  
(Competence, in myself and others, matters to me.)

You now have a good indicator of the essence of your personality. If your career, role, or working environment satisfies this essence, you're more likely to feel fulfilled.

## Want to know your personality type?

The information on this page is based on the MBTI® (Myers-Briggs Type Indicator®) assessment. It's a self-awareness tool that helps you understand your personality type and preferences.

## PART 2: What matters to you?

Answer the three questions below.

Don't just think about work. Also think about hobbies, jobs, or activities that you really enjoy or felt you were good at.

The key to this is to **do it quickly**. Don't overthink it. Five minutes maximum is all you need.

### 1. What is most important to you about work?

### 2. What do you value most about what you do?

### 3. What do you want to accomplish through your work?

Got your answers? Now combine them with the **I LIKE** statement you chose from Part 1 and write in the space below. For example:

*I like to make a difference to people. It's important for my work to have a positive impact on people in some way, and to use my creativity and empathy to help people. Ideally, I want to work with people who are positive and open-minded. I'd thrive at a company that appreciates work-life balance and that I can be proud to tell others that I work for.*

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### Why does this make an effective statement?

By combining **what you want** from work with **who you are** as a person, you do two things:

- Clarify what matters to you.
- Understand your authentic self.

Authenticity at work has a direct impact on our well-being, our productivity, our energy levels, and our satisfaction.