My Career Exploration Worksheet

You do not have to know your whole future. Start by learning more about yourself.

Career exploration is not about choosing one job forever. It is about noticing what interests you, what fits you, and what you want to learn more about.

How to use: Check everything that sounds like you in Step 1—there are no wrong answers. Then use Steps 3 and 4 to explore three careers.

STEP 1 Start with you

I ENJOY…

- ☐ Helping people
- ☐ Creating things
- ☐ Solving problems
- ☐ Working with numbers
- ☐ Organizing
- ☐ Teaching or explaining
- ☐ Working with technology
- ☐ Working with my hands

I AM GOOD AT…

- ☐ Talking with people
- ☐ Listening
- ☐ Planning
- ☐ Learning quickly
- ☐ Leading
- ☐ Following a process
- ☐ Staying calm
- ☐ Paying attention to details

I PREFER…

- ☐ Working with a team
- ☐ Working independently
- ☐ Being active
- ☐ Sitting or desk work
- ☐ Being indoors
- ☐ Being outdoors
- ☐ A steady routine
- ☐ Different tasks each day

STEP 2 What matters to me in a job?

Write three things you want from a job or career. **Tip:** Pay matters, but so can schedule, location, training, growth, stability, flexibility, purpose, and the people you work with.

1. _____
2. _____
3. _____

Explore Three Possibilities

Use this page to compare careers or jobs you want to learn more about.

STEP 3 Compare three careers

Career or job	What does this work involve?	What interests me?	What do I need to learn?

STEP 4 My next small step

One career I want to research first

One person, website, school, program, or employer I can learn from

One action I can take this week

NEXT STEP: You do not have to choose perfectly. Learn, ask questions, and keep exploring.

Up next: Resource 3 — Finding My Transferable Skills

Educational resource only. Thrive Forward does not guarantee employment, interviews, or job placement.