

Career Passion Worksheet

First, review the **Career Passion Tutorial** at http://www.quintcareers.com/career_passion_tutorial/

Next, find and take a free assessment from the chart at http://www.quintcareers.com/online_assessment_review.html

What ideas, if any, did the assessment give you about careers that might fit you?

Favorite activities:

What do you love to do in your free time? Try and brainstorm 5-8 activities.

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|----|----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |

Skills:

What are the skills that come to you without thought and effort? What are you a "natural" at? Brainstorm 3-5 of these skills.

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| 1. | 2. |
| 3. | 4. |
| 5. | |

Dream jobs and careers:

If you could do any job in your life, what would you choose? Write down at least 5 careers that you would enjoy.

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| 1. | 2. |
| 3. | 4. |
| 5. | 6. |

The types of things that energize you:

What types of things energize you? Think about people, places, and activities. Try to develop 3-5 examples.

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| 1. | 2. |
| 3. | 4. |
| 5. | |

Your lifelong interests:

Examine the past 5 or 10 years for activities, subjects, or causes that you have been deeply involved with at a personal level. Look for themes and connections. Record your list of interests.

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|----|----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |

Are the interests you listed **TRUE interests**? Are they **REALLY YOUR** interests, or are they interests in which you have been influenced by other people? Cross out any that are not YOUR true interests.

Areas in which you are already perceived as an expert:

What are a couple of areas where your friends and family see you as an expert – or at least as someone who is knowledgeable about the issue? In what area do people ask your help/advice?

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|----|----|
| 1. | 2. |
|----|----|