

# Career Passion Worksheet

First, review the **Career Passion Tutorial** at [http://www.quintcareers.com/career\\_passion\\_tutorial/](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](http://www.quintcareers.com/online_assessment_review.html)

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

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**Favorite activities:**

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

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.

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.

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.

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.

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?

1.	2.
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