



FaithWorks Counseling

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My Next Chapter: Career Discovery Worksheet – Part 2

This worksheet is designed to help you reflect on your life experience, strengths, and interests so you can move toward a career that feels meaningful, realistic, and fulfilling.

4. Transferable Skills

(Skills you can take with you into any career)

Check all that apply, then add your own.

- ☐ Communication (speaking, writing, listening)
- ☐ Problem solving
- ☐ Organization & time management
- ☐ Customer service
- ☐ Leadership/supervision
- ☐ Training or mentoring others
- ☐ Computer/technology skills
- ☐ Conflict resolution
- ☐ Scheduling/planning
- ☐ Teamwork
- ☐ Budgeting/money management
- ☐ Documentation/record keeping

Other skills I have:

5. Personal Strengths & Qualities

People often describe me as:

I am most confident when I am:

Challenges I've overcome that show my strength:

6. Interests & Passions

Things I enjoy doing (work or personal):

Topics I enjoy learning or talking about:

Activities that give me energy:

7. Values & Work Preferences

What matters most to me in a job? (Check all that apply)

- ☐ Helping others
- ☐ Stability
- ☐ Flexibility
- ☐ Creativity
- ☐ Independence
- ☐ Financial security
- ☐ Social interaction
- ☐ Quiet/low stress
- ☐ Purpose/meaning
- ☐ Recognition
- ☐ Other: _____

My ideal work environment:

☐ Office ☐ Home ☐ Outdoors ☐ Hybrid ☐ Fast-paced ☐ Calm ☐ Structured ☐ Flexible

8. Life Experience That Counts as “Work”

Volunteer work:

Caregiving roles (children, parents, others):

Church, community, or leadership roles:

Hobbies that show skills:

9. Health, Energy & Lifestyle Considerations

Physical or emotional limits I should honor:

Ideal schedule:

☐ Full-time ☐ Part-time ☐ Contract ☐ Seasonal

Income needs or goals:

10. My Career Themes (Patterns I See)

What keeps showing up in my answers?

Top 5 strengths I want to use:

1.

2.

3.

4.

5. _____

11. Possible Career Directions to Explore

1. _____

2. _____

3. _____

Why these feel like a good fit:

12. First Small Steps

- Research: _____

- Talk to: _____

- Education/Training needed: _____
