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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:**

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## 5. Personal Strengths & Qualities

People often describe me as:

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I am most confident when I am:

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Challenges I've overcome that show my strength:

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## 6. Interests & Passions

Things I enjoy doing (work or personal):

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Topics I enjoy learning or talking about:

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Activities that give me energy:

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## 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

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**8. Life Experience That Counts as “Work”**

Volunteer work:

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Caregiving roles (children, parents, others):

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Church, community, or leadership roles:

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Hobbies that show skills:

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**9. Health, Energy & Lifestyle Considerations**

Physical or emotional limits I should honor:

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**Ideal schedule:**

Full-time  Part-time  Contract  Seasonal

**Income needs or goals:**

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**10. My Career Themes (Patterns I See)**

What keeps showing up in my answers?

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**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:

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### 12. First Small Steps

• Research: \_\_\_\_\_

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• Talk to: \_\_\_\_\_

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• Education/Training needed: \_\_\_\_\_

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