






# Career Exploration Worksheet

<p><b>My Dreams</b></p> 	<p>My dream job (and why):</p> <p>If anything were possible, I would...</p>	<p>When I was a child, I wanted to be...</p> <p>My life in 5/10 years:</p>																					
<p><b>My Interests</b></p> 	<p>Roles and activities I've enjoyed the most:</p> <p>Subjects or topics that excite me:</p>	<p>What I love learning about:</p> <p>Careers or fields I want to explore:</p>																					
<p><b>My Skills</b></p> 	<p>Skills I already have:</p> <p>Skills I enjoy using the most:</p>	<p>Skills I want to develop:</p> <p>My talents (big or small):</p>																					
<p><b>My Attributes</b></p> 	<p>My top personal attributes (e.g., creative, organized, outgoing):</p>	<p>Careers where these traits could help me thrive:</p>																					
<p><b>My Values</b></p> 	<p>Check off any that apply:</p> <table border="0"> <tbody> <tr> <td><input type="checkbox"/> Financial reward</td> <td><input type="checkbox"/> Recognition/respect/status</td> <td><input type="checkbox"/> Risk-taking or challenge</td> </tr> <tr> <td><input type="checkbox"/> Family &amp; friends</td> <td><input type="checkbox"/> Intellectual challenge</td> <td><input type="checkbox"/> Independence</td> </tr> <tr> <td><input type="checkbox"/> Location (city/rural, indoors/outdoors)</td> <td><input type="checkbox"/> Leadership or decision-making</td> <td><input type="checkbox"/> Teamwork</td> </tr> <tr> <td><input type="checkbox"/> Friendships at work</td> <td><input type="checkbox"/> Security/stability</td> <td><input type="checkbox"/> Creative expression</td> </tr> <tr> <td><input type="checkbox"/> Contribution to society</td> <td><input type="checkbox"/> Flexible work environment</td> <td><input type="checkbox"/> Variety in tasks</td> </tr> <tr> <td><input type="checkbox"/> Helping others</td> <td></td> <td><input type="checkbox"/> _____</td> </tr> <tr> <td></td> <td></td> <td><input type="checkbox"/> _____</td> </tr> </tbody> </table>		<input type="checkbox"/> Financial reward	<input type="checkbox"/> Recognition/respect/status	<input type="checkbox"/> Risk-taking or challenge	<input type="checkbox"/> Family & friends	<input type="checkbox"/> Intellectual challenge	<input type="checkbox"/> Independence	<input type="checkbox"/> Location (city/rural, indoors/outdoors)	<input type="checkbox"/> Leadership or decision-making	<input type="checkbox"/> Teamwork	<input type="checkbox"/> Friendships at work	<input type="checkbox"/> Security/stability	<input type="checkbox"/> Creative expression	<input type="checkbox"/> Contribution to society	<input type="checkbox"/> Flexible work environment	<input type="checkbox"/> Variety in tasks	<input type="checkbox"/> Helping others		<input type="checkbox"/> _____			<input type="checkbox"/> _____
<input type="checkbox"/> Financial reward	<input type="checkbox"/> Recognition/respect/status	<input type="checkbox"/> Risk-taking or challenge																					
<input type="checkbox"/> Family & friends	<input type="checkbox"/> Intellectual challenge	<input type="checkbox"/> Independence																					
<input type="checkbox"/> Location (city/rural, indoors/outdoors)	<input type="checkbox"/> Leadership or decision-making	<input type="checkbox"/> Teamwork																					
<input type="checkbox"/> Friendships at work	<input type="checkbox"/> Security/stability	<input type="checkbox"/> Creative expression																					
<input type="checkbox"/> Contribution to society	<input type="checkbox"/> Flexible work environment	<input type="checkbox"/> Variety in tasks																					
<input type="checkbox"/> Helping others		<input type="checkbox"/> _____																					
		<input type="checkbox"/> _____																					

**Having trouble identifying your interests, skills, attributes, or values?** Use the quizzes page on the Government of Canada website ([jobbank.gc.ca/career-planning/quizzes](http://jobbank.gc.ca/career-planning/quizzes)) to help you identify yours!

## Explore Your Career Options

Use your self-assessment insights to explore career paths or clusters that align with your strengths and interests. Start by researching job profiles, education requirements, salary ranges, and labour market trends using tools like O\*Net Online ([onetonline.org](http://onetonline.org)) and ALIS ([alis.alberta.ca](http://alis.alberta.ca)).

Discover how your university degree connects to different careers through Career Pathfinders ([uwinnipeg.ca/career-services](http://uwinnipeg.ca/career-services)) and Service Canada's Career Planning Tool ([jobbank.gc.ca](http://jobbank.gc.ca)).

Visit the Career Services website for more resources to support your journey from school to work.

## What Do You Want?

Which occupations are compatible with your interests and values?

Think about what excites you, your personality traits, and what matters to you in a job — e.g., helping others, creativity, structure.

What careers would you like to learn more about?

List at least 2–3 specific careers (ex. accountant) or career clusters (ex. helping professions) you are curious about.

## Career Possibilities

Career Option	Why It Interests Me	How Compatible Is it? (1-5)
1.		
2.		
3.		
4.		

## Action Planning

Steps I Need to Take to Reach My Goal(s):

Be specific — include things like researching programs, gaining skills, networking, etc.

Where can you study or train for this career?

List specific programs, certificates, or micro-credentials

Companies or organizations that hire in this field:

Do a search and list real employers

What experience, skills, or qualifications do they look for?

Look at job postings and make note of key expectations

## Making A Decision

I have decided that my ideal career is (and why):