

CAREER BLISS BLUEPRINT

INTERNAL

EXTERNAL

WHO AM I?

PERSONALITY
GIFTS

STRENGTHS
EXPERIENCES

WHAT DO I LIKE?

INTERESTS

SKILLS

WHY IT MATTERS?

VALUES

MOTIVATORS

WHAT DO YOU WANT?

Salary

Working
Conditions

Responsibility

Work
Relationships

MY DREAM JOB

WHO AM I?

Personality

In this section we are looking at who you innately are; things about you that aren't going to change. If the nature of your work is such that you are working outside of your natural preferences, you will continually feel stress.

Strengths

Strengths are your natural talents and recurring thoughts, feelings or behaviors that can be applied in any setting. Knowing your strengths can help you assess whether or not a future job will allow you to do the things you do best. Strengths benefit others.

WHAT DO I LIKE?

Interests

Interests at work can be grouped into areas: Social, Artistic, Realistic, Enterprising, Conventional, Investigative.

Transferrable Skills

Transferrable skills are skills that you have that can apply to any job. Some examples are planning and organizing, public speaking, etc.. Include only the skills you enjoy using.

WHY IT MATTERS?

Values

These are the things that have most meaning and importance to you. They can be activities, beliefs or behaviors. When you are living your values you are most yourself, most energized, most alive and content. A job in conflict with your values will produce conflict.

Motivators

What drives you to do the things you do? People can be motivated by learning, helping others,

WHAT DO YOU WANT?

Salary

How much money do you want to make?

Working Conditions

What are your favorite work environments? Do you prefer an office setting? If yes, do you like the new open spaces, private office, or cubicle arrangements? Is there a particular location you have in mind? Keep in mind things like your commute, geographical considerations, amount of time spent sitting/standing, etc.

Responsibility

This pertains both to how responsible you want to be for your earnings as well as your station within an organization.

Work Relationships

What type of relationships do you enjoy with co-workers, superiors and those who report to you? Do you need a sense of community? Do you prefer working alone? Coworkers who are friends?

Figure out which of these things are most important to you and brainstorm what sorts of careers and positions would be most appealing. If you need some help, figuring that out- that is our specialty.