

FR-36 • Future Ready • One Question One Weekend

# Career Backup Strength Finder

What if the career you are training for changes or even disappears in 15 years? This is not a panic page. It is a resilience page: find the skills that would still travel with you.

**Start the reflection brief**

## WEEKEND PROGRESS

# 0 XP

Level 1: Future Worrier

Name planned career

Ask AI for transferable skills

Find what still remains useful

Name 3 strengths

Write 100-word reflection

Choose one skill to keep building

# **This weekend's real-world question**

**If your planned career mostly disappeared in 15 years, what would you still have?**

Careers can change. Skills can travel. The aim is not to scare you. The aim is to notice the abilities underneath a job title: thinking, communicating, solving, learning, caring, building, organising, judging, creating.

## **1 Name the career you are training for**

Pick one planned career. Do not overthink whether it is “safe.”

Examples: software developer, doctor, lawyer, designer, accountant, teacher, architect, civil servant, journalist, data analyst, psychologist, engineer, entrepreneur.

**My planned career**

Example: software developer

### Why I am interested in it

Example: I like solving problems, building things, and understanding how apps work.

#### THOUGHT BULB

A career is a container. Skills are the tools inside the container. If the container changes, some tools can still move with you.

☐ I named one planned career without turning this into panic.

## 2 Ask AI to find transferable skills

Open Claude or Perplexity. ChatGPT or Gemini can also help.

This prompt asks AI to look underneath the job title and find skills that could still matter somewhere else.

#### **YOUR FILLED PROMPT**

**If software developer mostly disappeared in 15 years, which skills I'm building now would STILL be useful? Help me find the transferable ones.**

#### **COPY-PASTE PROMPT**

If [my planned career] mostly disappeared in 15 years, which skills I'm building now would STILL be useful? Help me find the transferable ones.

**Copy my filled prompt**

#### **WELLBEING CAUTION**

This is a “what if” exercise, not a prediction. Do not use it to decide your dream is doomed. Use it to build confidence that your skills can travel.

☐

I asked AI for transferable skills under my planned career.

### 3 Sort the answer into three bridges

Transferable skills are bridges from one future to another.



#### Thinking skills

Problem-solving, analysis, judgement, research, systems thinking, decision-making.



#### People skills

Communication, teamwork, empathy, explaining, listening, negotiation, leadership.



#### Making skills

Building, designing, writing, organising, testing, improving, learning tools quickly.

#### Job title

**Software developer**

#### Travel skills

Breaking problems down, learning tools, testing ideas, explaining technical choices.

#### Job title

**Doctor**

#### Travel skills

Careful judgement, listening, pattern spotting,  
responsibility, explaining clearly under pressure.

☐ I found skills that could remain useful even if the career changes.

## 4 **If stuck, name 3 things you are good at**

Do not tie them to one job. Make them portable.

### **IF STUCK**

Answer only this: **What are 3 things I am good at that are not tied to one job?**

### **Strength 1**

Example: explaining things simply

### **Strength 2**

Example: staying calm with difficult tasks

### Strength 3

Example: noticing patterns in information

#### THOUGHT BULB

Your future is not one job title. It is a bundle of skills, habits, relationships, and ways of thinking.

☐ I named three strengths that are not locked to one job.

## 5 Write 100 words on what you would still have

This is the reflection brief. Keep it honest, not dramatic.

Use this structure: **Even if my planned career changed, I would still have...** Then name skills, habits, and strengths that could move into other paths.

### My 100-word reflection

Even if my planned career changed, I would still have...

0 words • Keep going

#### tone check

Not “everything is ruined.” Not “nothing will ever change.” Better: “I cannot control every career shift, but I can build skills that travel.”

☐

I wrote a calm 100-word reflection about what I would still have.

6

## Choose one transferable skill to keep building

Resilience becomes real when it turns into a small action.

**Good action**

“Every Sunday, I will explain one hard topic in 5 simple lines.”

**Too vague**

“Become better at communication.” Good idea, but not a step.

**Good action**

“I will build one tiny project each month and write what I learned.”

**Too huge**

“Master every AI tool.” That is not a plan. That is a mountain.

**One transferable skill I will keep building**

Example: clear communication

**My first step this week**

Example: This weekend, I will record myself explaining one concept in 60 seconds and improve it once.

☐

I chose one transferable skill and one first step.

## 7 **Optional: make your real-world brief card**

A small reminder of the resilience move.

### **BRIEF CARD COPY**

**Title:** One Question One Weekend

**Question:** What if the career I am training for disappears in 15 years?

**Tool:** Claude / Perplexity / ChatGPT / Gemini

**Prompt:** “If [my planned career] mostly disappeared in 15 years, which skills I’m building now would STILL be useful? Help me find the transferable ones.”

**Closer:** Write 100 words on what you would still have.

☐

I made, sketched, or saved the real-world brief card.

# Final 5-minute move

Read your reflection once. Underline one skill that would still be useful in many futures. That skill is worth building.

☐ I treated this as a resilience exercise, not an anxiety exercise.

☐ I found skills that are bigger than one job title.

☐ I chose one transferable skill to keep building.

## NOTEBOOK LINE

Write this down: “**Even if the job changes, I can still build \_\_\_\_\_.**”

**Back to top**

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