



Mick Andrews
@COACHING.WITH.MICK

JOURNALING TO HELP FIND A CAREER YOU LOVE!

WHAT DID YOU DO AS A KID?

Make a list of all your sports, hobbies and activities, no matter how insignificant they seem.

Examples: crafts, sports, activity groups (like Scouts / Guides), family activities (travelling, 4x4 adventures). Out of the hobbies, activities etc., that you listed above, 'Brainstorm' the occupations/jobs you associate with them. Do this for all of them, regardless of how extreme, unlikely, or 'impossible' it may seem. E.g. Travelling – blog writer, photographer, tour guide, travel agent, cruise ship crew etc.

HOW DID YOU FEEL ABOUT WORKING WITH OTHERS AS A CHILD, TEENAGER, OR YOUNG ADULT?

Did you like being a leader? Working as part of a team or independently? Large or small groups? What roles did you gravitate to naturally? What roles did you really enjoy? What roles were always given to you but not what you wanted to do?

HOW COMPETITIVE ARE YOU?

Do you believe you have to be competitive to win? What do competition and being competitive mean to you? How does it make you feel? Does having someone challenge you at the same task motivate you?

HOW DO YOU LIKE TO LEARN?

Kinaesthetic (doing), visual, auditory, reading/writing, logical/mathematical, social/interpersonal, or solitary/intrapersonal. How do you feel when you use different styles? Is one stronger than others?

HOW DO YOU LIKE TO WORK?

With your hands or your mind/imagination? What do you prefer? Why? What is it that makes this your preferred working style? What are the positive attributes of the other style? Do you enjoy doing these attributes? Can you incorporate them into how you work?

WHAT ARE YOUR VALUES?

How do these align with what you do every day at work, with family and in your leisure time?

WHAT ARE YOUR STRENGTHS?

List all your strengths in all parts of your life. How do these align with what you do every day at work? Are the strengths attributable to the occupations you brainstormed from your childhood activities?

DESCRIBE YOUR IDEAL TUESDAY?

Why Tuesday? Mondays tend to be flat as you go back to work, Wednesday is hump day, Thursday is Friday eve, and Friday is Fri-yay! So, Tuesday is a typical day. How would your day look if you were doing work that you really loved, enjoyed, and looked forward to every day? Do you work for yourself or someone else?

NEXT STEPS?

Look back over your answers, underline, circle, or highlight the similarities in what you have written. Then, review your answers to see if any 'ah ha' moments arise from reading your journal.