

Reflecting Inward Life Coaching

My Personal Career Profile

If at any point you get stuck, please shoot me an email, and we'll schedule a meeting to help you through it! ms.heather@reflectinginward.org. If you feel discouraged or like this is pointless, I have other activities that will help you move forward. Don't give up!

Allow yourself the possibility to pursue more than one passion or direction! However, be aware of what your personal limits are for social, emotional, physical, and mental wellbeing. Balance is key! Fulfillment starts from within us. It's not magically achieved when we find some magic job or relationship. So, we'll start from *within* you. 1) Click on the blue, underlined links to complete various activities and 2) respond in the boxes below the activity link after you've completed them.

Being [True to You](#):

I am _____. I will/will not _____.

My top 5 [VIA Character Strengths](#) are:

1-
2-
3-
4-
5-

The VIA assessment is so crucial. It can be used to answer tricky or difficult questions during a job or university interview. [Take each of your top five and give an example of when you have recently used that strength.](#) This will give you some practice for those "tell me about a time when..." questions.

Examples of when I recently used my top 5 VIA Strengths are:

Strength 1-

Strength 2-

Strength 3-

Strength 4-

Strength 5-

Just because a strength isn't in your top 5, it doesn't mean you can't specifically focus on it and make it stronger. I encourage you to retake the VIA assessment every year to see how you've changed and grown due to your additional life experiences that year. Now, choose any job. Perhaps it will be a dream job you don't think is possible at the moment. [Take 3 of your top strengths and explain how each of those strengths are important in your dream career.](#) If you can't see how they apply. Ask someone else. You don't even have to tell them they're your strengths or what you're doing!

My top strengths are applicable to my dream job in that:

1 (Strength):

2 (Strength):

3 (Strength):

I hope you're starting to see that if you know how to view your abilities and apply your experiences thus far in life to new opportunities, you can achieve just about anything! You just have to practice applying your strengths to achieve your goals!

My Myers-Briggs [Personality Type](#) is:

My top 5 Core/[Personal Values](#) are:

1-

2-

3-

4-

5-

My [High 5 Strengths](#) are:

1-
2-
3-
4-
5-

My highest scoring [Gardner's Intelligence](#) is:

I am passionate about_____

If I could change anything in the world it would be_____

[My life mission/purpose statement](#) is:

Now, take a good look at everything above. This is a picture of who you are at this point in your life *based on your own assessment*. Let's be honest: that person is amazing! If you saw that information about anyone else you'd think they were fantastic, and it's ***you!*** ***You*** are needed. There is a place for you, and we're going to find it! When you're down on yourself or doubt your abilities, go right back to this information, because it will show you the truth about what you are capable of. What you *know* you're capable of when the lying voices whisper that you can't.

*Don't limit yourself. Believe that anything is **possible**, because it is!* Check out how to overcome limiting beliefs [here](#). If you still feel hesitant or doubtful, schedule a coaching session (or talk to your self-selected mentor, if you have one) before you completely shut

down some of the career matches you see next. If you have concerns about a career that requires a higher education, check out [this](#) resource on how to maximize time and **minimize the cost of college attendance**. Whatever you choose to do, choose to be true to you. Research shows that money only brings fulfillment up to a certain earning point. The feeling of overall satisfaction in life seems to come from knowing your work has personal meaning to you.

Now, [how will your personality, strengths, and values help you achieve your goals? Make a plan. What will you do when challenges present themselves?](#)

Knowing my personal strengths and values helps me achieve my goals by _____. When challenges arise I will _____ to overcome them.

Next: Compare all the information above with career options found on mynextmove.org.

- 1) Go to mynextmove.org.
- 2) a. If you know yourself well, you can skip the survey and go to “Careers Sorted by Interest ” and glance through *even the ones you’re not sure about*. Remember, you’re not limiting yourself. Anything is *possible*! Also remember to compare your profile to the job description and requirements. Does it *sound* like a good fit now that you know what you’re looking for?
 - a) **Realistic** — *practical, hands-on problems and solutions*
 - b) **Investigative** — *ideas, thinking, and figuring things out*
 - c) **Artistic** — *creating, designing, and making your own rules*
 - d) **Social** — *helping people, teaching, and talking*
 - e) **Enterprising** — *leading, making decisions, and business*
 - f) **Conventional** — *data, detail, and regular routines*
- b. If you’re not sure which describes you best, Click on “[Discover Your Interests](#)” and complete the survey to create a list of potential options.

3) If none look like a good fit, let's chat! We can brainstorm options that aren't listed on the website. Maybe even how to pursue starting your own business or joining a like-minded community in their pursuit. Check out [this](#) document to investigate what to do if you can't find a good fit.

a) Also, consider taking a look at what your Myers-Briggs Personality Type says about career options by clicking on [this link](#).

Some careers that look like a good fit are:

(consider in what kind of environment you thrive. For example, if you will be working closely with others and what that might require socially)

1-
2-
3-
4-
5-

I am most interested in learning about the _____ career option because _____ and will learn more about it *first*.

Career Expert Interview Questions: Complete this form for every profession interview you participate in. Make as many copies as you need for all careers you are interested in, and rename it according to that career title to review them as needed. The questions should be a mix of personal questions you would want to know regardless of the career and career specific (ie: how much time did you spend on patient billing after hours before you could afford a receptionist/biller?) The questions should be prepared *before* you initially contact them. They may want to answer your questions right then.

The following are completed only after investigating several career options; *including career expert interviews, job shadowing, and potential mentorships for hands-on experience*. You should select 1-3 top choices before moving forward.

(Still unsure if it's the right career move? Check out [How Do I Know It's The Right Career Choice?](#) Or consider doing an exploratory interactive experience at a top US university. Follow [this link](#) to find a program of interest and apply for a *scholarship* that covers the tuition).

My **Ikigai** is _____. The career I've selected *best fits* my Ikigai because_____.

The requirements for this career choice are: (See mynextmove.org and check out other sites such as [Indeed](https://indeed.com) to see what job requirements are for those hiring *right now*).

If it requires a degree or technical training, where can you get it? (Google it). What will it cost? What financial resources are available to help you pay for it? Check out [Minimizing the Cost of Attending College](#) and [Scholarship Opportunities](#) as well. We can and *will* find a way.

Some careers only require an apprenticeship (so many hours of working experience under a professional), and some apprenticeships are *paid*! If this is you, where can you find an apprenticeship? (Hint: check out the “Internships & Apprenticeships” section under “Informational Resources” on the RILC website).

The concerns or challenges that I foresee as I move toward this career are:

What I need to do to overcome these challenges is _____ (Chat with Ms. Heather if necessary)

My next steps are to _____ (Check out the Goals section in [Self-Discovery & Goals](#) or chat with Ms. Heather if necessary).

Consider:

- a) Starting small: set a goal to get all your homework completed and turned in every day. If overwhelmed, explain your goals (and maybe your involvement in this program) to your teacher and ask if you can turn it in a day or two late. Not a week or month late: a day or two. And make sure you honor this. Hold yourself accountable for your own good and to build trust with them.
- b) Asking your favorite teacher to mentor you while you're in the program (ask you about your progress, discuss challenges, and brainstorm next steps weekly).
- c) Need more support in a specific subject area at school to bring up your grades? Ask that subject teacher for some time before or after school to re-teach you in your own learning style. Share your Gardner's Intelligence with them so they know how to best support you in learning. Trust me, they will respect you greatly for the effort.
- d) Trying the free tutoring resources on the [Reflecting Inward Life Coaching](#) website.
- e) Google searching programs in your area that fit your career goals and attending free events.
- f) If you're over 16, consider getting an entry-level job related to your desired career to get your foot in the door with experience.
- g) Searching for free courses, seminars, community events, etc. related to your career interest in your area.
- h) Asking a career expert about free education or experience opportunities in the community that you can engage in (and add them to your college and job applications down the road).