

Worksheet: Career Reflection

Use this worksheet to reflect on the key ingredients of a meaningful and fulfilling career. Fill in each quadrant below by answering the reflective prompts. Then look for overlaps and insights.

1. What You Love

- What activities make you lose track of time?
- What did you love doing as a child or teenager?
- When do you feel most alive, energized, or inspired?
- What causes or topics do you feel emotionally connected to?

2. What You Are Good At

- What do others say you are naturally talented at?
- What do you find easy that others find difficult?
- What have you improved at significantly over time?
- What kinds of problems do you enjoy solving?

3. What the World Needs

- What problems or challenges in the world do you care about?
- Who do you feel called to help or serve?
- What positive change would you like to see in your community or the world?
- What gaps do you see in the world that you wish someone would fill?

4. What You Can Be Paid For

- What skills or services could you offer that people would pay for?
- What have you been paid for before (even if it wasn't fulfilling)?
- What roles or industries align with your strengths?
- What would you do if you needed to make a living from your current skills?

Finding Your Focal Point of Career

Look over your answers and reflect:

1. Where do you notice patterns or overlap across the four areas?
2. What ideas or career paths live in the center of this diagram?
3. What could be your unique contribution to the world that also sustains you?
4. Start small: what experiment could you run in the next month to move toward your career?