

Notes for Petal 1: Favorite Knowledges/Fields of Interest

1. What you know from previous jobs:

2. What you know about (outside of work):

3. What industries sound interesting to you:

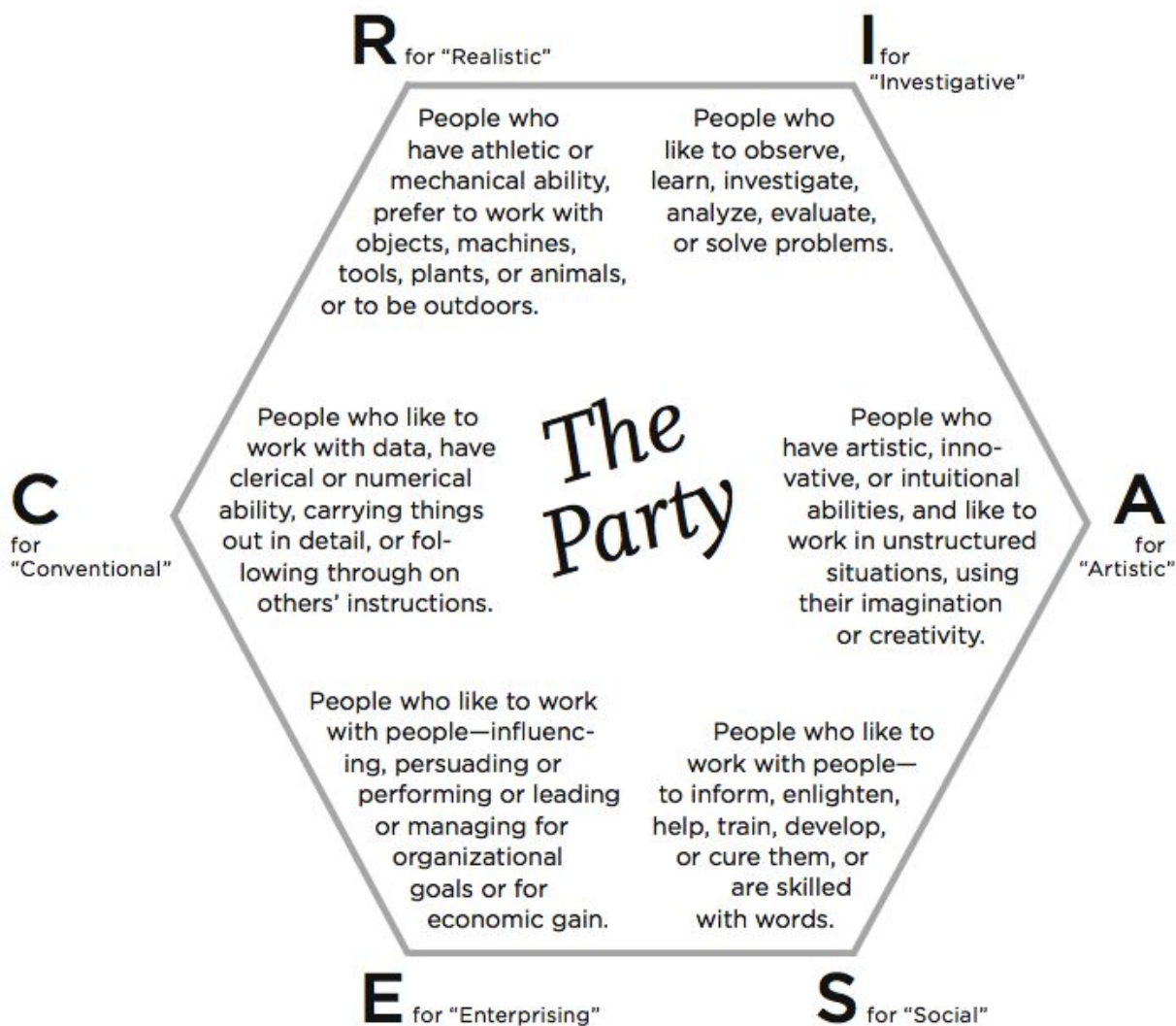
4. Any other ideas or what you'd like to learn in the future:

Notes for Petal 2: Favorite Kinds of People

Places I have worked thus far in my life:	Kinds of people from 1st column who I didn't enjoy working with & Why:	Kinds of people I want to work with/be around:	Kinds of people I want to serve in my industry:

Notes for Petal #2 continued:

Party Game Exercise:



Looking at the graphic for the party, write down the letter for each answer:

1. Which corner of the room would you be drawn to as the group of people you'd want to be around longest?
2. 15 mins. later, everyone in that corner leaves for another party, except you. Of the groups that remain, which group would you be drawn to now?
3. 15 mins. later, this group also leaves. Of the remaining groups, which do you join?

Notes for Petal #3: Most Valued Transferable Skills

Step 1: To define your transferable skills, write a story about something you've done (1-2 paragraphs) on a separate sheet. Focus on:

- Your goal: what you wanted to accomplish
- An obstacle/challenge you faced (self-imposed or otherwise)
- Description of what you did, step by step
- Description of the outcome
- Any measurable/quantifiable statement of that outcome

Step 2: Analyze your story for any transferable skills that you used & fill out the checklist below

Step 3: If time, write another story to look for patterns and priorities

Skills Checklist:

People skills: As my story shows, I can...	
	Initiate, lead, be a pioneer
	Supervise, manage
	Follow through, get things done
	Motivate
	Persuade, sell, recruit
	Consult
	Advise
	Coordinate
	Negotiate, resolve conflicts
	Help people link up or connect
	Heal, cure
	Assess, evaluate, treat
	Convey warmth and empathy
	Interview, draw out
	Raise people's self-esteem

	Instruct, teach, tutor, train (individuals, groups, etc.)
	Speak (as in public speaking)
	Listen
	Counsel, guide, mentor
	Communicate well, in person
	Communicate well, in writing
	Divert, amuse, entertain, perform, act
	Play an instrument
	Interpret, speak, or read a foreign language
	Serve, care for, follow instructions faithfully
Skills with Data/Ideas: as my story shows, I can...	
	Use my intuition
	Create, innovate, invent
	Design, use artistic abilities, be original
	Visualize, including in three dimensions
	Imagine
	Think critically
	Synthesize, combine parts into a whole
	Prioritize
	Organize, classify
	Perceive patterns
	Analyze, break down into its part
	Work with numbers, compute
	Commit data (or people) to memory
	Develop, improve

	Solve problems
	Plan
	Program
	Research
	Examine, inspect, compare, see similarities and differences
	Use acute senses (hearing, smell, taste, sight)
	Study, observe
	Compile, keep records, file, retrieve
	Copy
Skills with Things: as my story shows, I can...	
	Control, expedite things
	Make, produce, manufacture
	Repair
	Finish, restore, preserve
	Construct
	Shape, model, sculpt
	Cut, carve, chisel
	Set up, assemble
	Handle, tend, feed
	Operate, drive
	Manipulate
	Use my body, hands, fingers, with unusual dexterity or strength
	Tell, construct stories in convincing way
	Design

Step 4: From your checked boxes, prioritize these skills into your most valued skills by circling or bolding those priorities to get to 10 favorite skills.

Step 5: Take those 10 skills and write out a sentence about each one to synthesize what it is that makes you good at it.

Example: If the skill is “organizing,” refine that by stating “I’m good at organizing information painstakingly and logically.”

Write those sentences below:

Notes for Petal #4: Favorite Working Conditions

Places I have worked thus far in my life:	Column A: I have learned from the past that my effectiveness is decreased when I have to work under these conditions...	Column B: Ranking of the conditions listed in Column A (these are what I dislike the most in order of decreasing dislike):	Column C: I believe my effectiveness would be at maximum if I could work under these conditions (the opposite of qualities in Column B):

Notes for Petal #5: Preferred Salary & Level of Responsibility:

In your ideal job, what level would you like to work? I.e., how much responsibility do you want in an organization? (Although you are starting as a junior developer, what kind of opportunities are you striving for in your first job, your second job, etc.?)

What salary are you aiming for? Think of a range.

What other rewards (outside of money) would you hope for from your new career? Some examples might be:

- Adventure
- Challenge
- Respect
- Influence
- Popularity
- Fame
- Power
- Intellectual stimulation from colleagues
- Ability to be creative
- Ability to help others
- Ability to exercise leadership
- Ability to make decisions
- Ability to use your expertise
- Other(s):

Notes for Petal #6: Preferred Place to Live

My (or Our, for making decisions with a partner) Geographical Preferences

Places I've Lived:	Factors I disliked (and still dislike) about certain places:	Translating the negatives into positives: What would make that a liveable experience?	Ranking of my positives (order of importance to me):	Places that fit these criteria:
		Factors I liked (and still like) about certain places:		

Notes for Petal #7: My Goal/Purpose/Mission in life

Step 1: How to define your goal or mission in life? Start with considering these 7 areas:

- The Mind: do you want to increase knowledge in some way in others, in the world, etc.? Concerning what in particular?
- The Body: do you want to increase wellness, fitness, advances in healthcare, access to healthcare, etc.? How?
- The Eyes and Other Senses: do you want to increase beauty in the world, i.e. through art, music, photography, crafts, etc.?
- The Heart: do you want to increase compassion/empathy in the world? How do you want to influence relationships to make that happen?
- The Will or Conscience: do you want to increase social justice in the world? In what areas?
- Entertainment: do you want to increase entertainment in the world? If so, what particular kind of entertainment do you want to increase in the world?
- The Earth: do you want to increase protection or advocacy for the environment? Do you want to increase exploration or research on the planet or our universe? In what ways?

Step 2: Consider your own philosophy of life; why are you here?

Write a statement (or multiple) below on your goal or purpose as you define it: