

# THINGS I WISH I KNEW ABOUT CAREERS WHEN I WAS IN SCHOOL

A Career Conversations WORKBOOK  
BY CHRISTINE AND SOPHIA DAVIS

# THIS WORKBOOK BELONGS TO:

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WE HOPE THIS LITTLE WORKBOOK HELPS MAKE YOUR CAREER PLANNING FEEL A LITTLE LESS DAUNTING AND A LITTLE MORE EXCITING, BY HELPING YOU REFLECT ON WHAT MATTERS MOST TO YOU, AND BRINGS YOUR LIFE JOY AND MEANING, AND HOW YOU CAN USE THAT TO BUILD A CAREER THAT YOU LOVE! — SOPHIA & CHRISTINE ☺

## WHERE ARE YOU RIGHT NOW IN YOUR CAREER JOURNEY?

— SELECT MULTIPLE IF NEEDED! —

- EARLIER THAN MIDDLE SCHOOL     IN MIDDLE SCHOOL     IN HIGH SCHOOL
- IN COLLEGE, TRADE SCHOOL, APPRENTICESHIP, BOOTCAMP, OTHER TRAINING, ETC.     IN GRADUATE SCHOOL, FELLOWSHIP, ETC.
- WORKING FULL-TIME     WORKING PART-TIME
- DOING AN INTERNSHIP     IN THE MILITARY
- ENTREPRENEURSHIP     TAKING A GAP YEAR
- OTHER: \_\_\_\_\_

# HOW MUCH DO YOU AGREE WITH THESE SENTENCES ABOUT YOUR CAREER?

= I KNOW WHAT I WANT MY FUTURE CAREER TO BE."

GREATLY  
DISAGREE

DISAGREE

NEUTRAL

AGREE

GREATLY  
AGREE

= I KNOW WHAT STEPS TO TAKE TOWARDS MY CAREER GOALS."

GREATLY  
DISAGREE

DISAGREE

NEUTRAL

AGREE

GREATLY  
AGREE

= MY CAREER PATH ALIGNS WELL WITH MY INTERESTS, SKILLS, AND PASSIONS IN LIFE."

GREATLY  
DISAGREE

DISAGREE

NEUTRAL

AGREE

GREATLY  
AGREE

**REFLECT:** WHAT DO YOU WISH YOU KNEW MORE ABOUT, IN TERMS OF CAREER PATHS AND CAREER PLANNING?

TODAY'S DATE:

# WHEN I WAS IN SCHOOL,

## AND THINKING ABOUT CAREERS,

I WISH THAT I HAD SPENT  
MORE TIME REFLECTING ON  
WHAT KIND OF IMPACT I WANT  
TO HAVE ON THE WORLD AROUND  
ME - WHETHER IN MY LOCAL  
COMMUNITY OR IN THE WORLD  
ITSELF. I WISH I HAD SPENT  
SOME TIME THINKING ABOUT  
WHAT CAUSES I AM MOST

PASSIONATE

ABOUT, AND

PROBLEMS I  
WANT TO HELP  
SOLVE...



**WHAT KINDS OF PROBLEMS IN THE  
WORLD OR IN YOUR COMMUNITY  
DO YOU WISH YOU COULD HELP  
SOLVE? WRITE, MINDMAP, OR  
DRAW THEM BELOW! \***

P.S. DON'T BE AFRAID TO DREAM BIG AND LIST BIG PROBLEMS!

TODAY'S DATE:

**WHEN I WAS IN SCHOOL,  
I WISH SOMEONE WOULD  
HAVE TOLD ME THAT,**

**ON AVERAGE, YOU HAVE ABOUT**

**80,000**

**HOURS\***

**IN YOUR CAREER!**

**THAT IS A LOT OF TIME THAT I CAN  
DEDICATE TO MAKING A DIFFERENCE  
IN THE WORLD !**

AND, SPEAKING OF TIME...

DID YOU KNOW THAT IT TAKES  
ABOUT **10,000 HOURS\***  
OF DELIBERATE PRACTICE  
TO BECOME AN EXPERT AT  
A SKILL? **WHAT KINDS OF**  
**SKILLS ARE YOU CURRENTLY**  
**DEVELOPING OR INTERESTED**  
**IN DEVELOPING?**

LIST THEM  
BELOW!

TODAY'S DATE:

# WHEN I WAS IN SCHOOL,



I WISH I  
KNEW HOW  
MUCH MY  
HOBBIES

WOULD HELP ME  
IN MY CAREER!

“FOR EXAMPLE, KNOWING  
HOW TO DRAW HELPED A  
LOT IN ENGINEERING SCHOOL!”  
— SOPHIA

# WHAT ARE YOUR CURRENT HOBBIES AND INTERESTS?

DO YOU THINK SOME OF THEM MAY  
ALSO HELP YOU IN YOUR FUTURE CAREER?

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# WHEN I WAS IN SCHOOL, I WISH I HAD HEARD ABOUT IKIGAI\*, OR "A REASON FOR BEING" (AND HOW TO APPLY IT TO CAREERS)



WE TOUCHED ON THE TOP 3 CIRCLES IN THE PREVIOUS PAGES (ALTHOUGH THEY CAN DEFINITELY BE EXPLORED MORE!) BASED ON EVERYTHING YOU'VE EXPLORED SO FAR, DO YOU HAVE ANY IDEAS OF CAREERS THAT ALLOW YOU TO COMBINE ALL THESE ELEMENTS?

- = OR, ANYONE YOU CAN TALK TO (TEACHERS, MENTORS, PARENTS, FRIENDS) WHO MAY HAVE SOME IDEAS FOR COMBINING THEM? =

# BRINGING IT ALL TOGETHER

WHAT YOU LOVE

WHAT YOU  
ARE GOOD AT

IKI

WHAT YOU CAN BE PAID FOR

HER:

TODAY'S DATE:

WHAT THE WORLD  
(OR YOUR COMMUNITY)  
NEEDS

GAI

NEXT STEPS:  
WHAT NEXT STEPS CAN YOU  
TAKE TO KEEP EXPLORING  
THESE AREAS?  
IDEAS ON  
NEXT  
PAGE!

# WHAT'S NEXT?

## FOR FURTHER EXPLORING CAREER OPTIONS AND PATHS.

### • WHO CAN I TALK TO?

MAYBE: YOUR SCHOOL'S CAREER/COLLEGE COUNSELLOR, TEACHERS OF SUBJECTS YOU LIKE, PROFESSIONALS AND MENTORS / POTENTIAL MENTORS WHO WORK IN FIELDS THAT YOU'RE INTERESTED IN, ETC.

NOTES:

### • HOW CAN I LEARN MORE?

MAYBE: INTERNSHIPS, WORK SHADOWING, CLASSES OFFERED BY YOUR SCHOOL, ONLINE CLASSES (FREE OR PAID - PERHAPS EVEN WITH CERTIFICATIONS), BOOKS, ETC.

NOTES:

### THREE NEXT STEPS I'M EXCITED TO TAKE:

- 1.
- 2.
- 3.

## TIME TO REFLECT:

HOW ARE YOU FEELING AFTER  
COMPLETING THESE EXERCISES?  
DO YOU FEEL THAT IT HELPED TO  
PROVIDE CLARITY TO YOUR CAREER  
JOURNEY? WHAT QUESTIONS  
DO YOU STILL HAVE?

TODAY'S DATE:

## FURTHER RESOURCES:

- 80,000 HOURS: <https://80000hours.org/>
- IKIGAI IN CAREER PLANNING: <https://hawaii.pbslearningmedia.org/resource/finding-you-career-path-with-ikigai-video/work-in-progress/>
- SCIENCE BEHIND 10,000 HOURS OF DELIBERATE PRACTICE:  
<https://www.listennudematters.com/the-10000-hour-rule/>

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## NOTES:

Career Conversations

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