📝 WORKSHEET

Your Current Path (4 Minutes)

Goal: *Clarify current status—what you do, strengths, and plan.*
Instructions: *Answer one question from each cluster (the one you connect with most). Aim for speed (4 mins). If time remains, answer others.*

What you do

*Main role/occupation? What do you actually **do** week-to-week (tasks, not titles)?*

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Strengths

What are you proud of? What do people ask help with? What would an observer say you are good at?

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The Plan

What is your plan? What steps are you currently taking?

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Mini-Exercise: Rapid Strength Mapping (2 Minutes)

List at least 2 items per category.

Hard Skills

- Programming / Data Analysis
- Writing / Editing
- Teaching / Training
- Visual Design / Illustration
- Project Management / Events
- Research / Lab Techniques
- Financial/Ops Planning
- Policy/Legal Writing
- Founding Ventures

Soft Skills

- Strategic Thinking
- Good at instruction
- Stakeholder Communication
- Initiative without supervision
- Organizing complex tasks
- Prioritization under pressure
- Rapid learning of new fields

Unconventional Assets

- Deep niche knowledge
- Access to niche community
- Multi-cultural/lingual exp.
- Public visibility / Strong online platform
- Exp. in high-speed/risk environments

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What Makes You Happy (6 Minutes)

Goal: Identify work that energizes you and conditions that support long-term well-being.

Context Switching:
- ☐ Prefer one main project
- ☐ Like switching tasks

Clarity:
- ☐ Defined goals/timelines
- ☐ Open-ended/exploratory

Collaboration:
- ☐ Best independently
- ☐ Enjoy live collab
- ☐ Mix of both

Pace:
- ☐ Calm environment
- ☐ High urgency

Ways of "Doing Good" that feel satisfying:

- ☐ Direct work with people in need
- ☐ Research / Analysis of important problems
- ☐ Creating high-impact tools/solutions
- ☐ Founding an impact organization
- ☐ "Behind the scenes" support (Ops, Logistics)
- ☐ Effective giving / Funding enablement
- ☐ Advocacy / Influencing discourse
- ☐ Teaching or Mentoring

What Satisfies You

Think of 2–3 moments where you were very engaged/proud. What made them satisfying? Do you need intellectual/technical challenge?

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What Pulls You In

What topics/problems do you naturally read/learn about? If you were "doing good" professionally, what daily work would excite you?

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What Helps You Thrive

What environments/pace help you feel balanced? What drains you? What do you need weekly to remain stable?

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Logistical Feasibility (3 Minutes)

Location (6–12 months): ☐ Must stay local ☐ Open to Hybrid/Remote ☐ Temp Relocation ☐ Full Relocation

Realistic Time/Energy: ☐ 0–2 hrs/week ☐ 2–4 ☐ 5–10 ☐ 1–2 days ☐ Full focus

Timeline/Urgency: ☐ Need change fast (0–2 mo) ☐ Parallel exploration (2–6 mo) ☐ Deep change (6–12 mo)

Notes: _____

What Change is Possible?

Type of change I'm open to:
- ☐ Small adjustment (same role, better direction)
- ☐ Org switch (same role, different org)
- ☐ Adjacent move (similar/nearby role)
- ☐ Full career switch
- ☐ Not sure yet

Impact path I'm open to:
- ☐ Direct work on the problem
- ☐ Operations / Support roles
- ☐ Research / Technical contribution
- ☐ Entrepreneurship / Founding
- ☐ Earning to Give
- ☐ Not sure yet

Notes: _____

Risk Profile

Risk Tolerance: ☐ Need stability ☐ Moderate risk okay ☐ Open to high variance bets

Openness to Entrepreneurship: ☐ Not for me ☐ Maybe in future ☐ Open to it ☐ Very exciting

Notes: _____

Mini-Experiments (10 Minutes)

Goal: *Rapidly explore career directions.* **Total Time:** *10 mins (~2 mins/round).*
Loop: *Idea → Lightweight Test → Gut Check → Insight.*

Step 1: Generate Idea. (From: Existing thought, interesting field, "no consequences" scenario, strength, "External Consultant" view, or Action Cards).
✏️ *Write as a short phrase (e.g., "Shift to Policy", "Volunteer in Biosecurity").*

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Step 2: Choose Move. Pick a low-friction first step to **test** (not commit). Use the Action Cards.
Write as single step: "Watch video X", "Scan job board Y", "Talk to Z".

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Step 3: Check Gut. Stop. Your reaction is data.
Options: **Spark** (lock it down!), **Resistance** (why?), **Confusion** (how to clarify?), **Solvable Problem** (how to fix?), **Deep Preference** (how to tune next experiment), **Underqualified** (how do I become qualified?), **Other** (elaborate!).
One sentence: What did I learn from this reaction?

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Summary (3 Minutes)

What I would like to change in my career:

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Directions I thought about:

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Next experiments I want to run:

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What I want to achieve with these experiments:

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Card 1: Quick Taste (Up to 1 hour)

Goal: Check if a field/problem interests you with minimal investment.

When to use: You are curious but unsure if it's worth going deep. You feel overwhelmed/don't know where to start.

The Move: Select one strong intro—article, video, or problem description—and consume it with focus.

Small First Step: Find one strong intro resource. Watch/Read it. Ask yourself: "Do I want more of this?"

Card 2: Deep Dive (Course/Program)

Goal: Build a good foundation and mental model of a field.

When to use: You want a broad understanding. You learn best with structure/community. You want to understand core ideas before acting.

The Move: Choose a high-quality course or program that fits your schedule.

Small First Step: Scan 2–3 options, pick one, and try the first session to see if it fits.

Card 3: Scan Job Boards

Goal: Turn general ideas into real roles—and identify skill gaps.

When to use: You don't know what the jobs look like in practice. You want to know what orgs really search for.

The Move: Review real job ads to spot patterns (without applying yet).

Small First Step: Pick a relevant board, scan 10 ads, and write down 3–5 things that appear repeatedly.

Card 4: Investigate via People

Goal: Learn through direct conversation with insiders.

When to use: You want a snapshot of daily life in the role. You learn from stories. You want to hear about opportunities.

The Move: Talk to people working in topics that interest you—especially from different angles/roles.

Small First Step: Reach out to 3 people for 20–30 min chats. Ask: "What does your work week actually look like?"

Card 5: Practical Project

Goal: Test if the work suits you by *doing it*.

When to use: You are drawn to a field but unsure you'll be good at the work. You need portfolio items. You get energy from making ideas real.

The Move: Choose a defined project with a clear output.

Examples: Volunteer on a small project; Build a tool filling a gap; Run a pilot with mentorship.

Small First Step: Search for organizations offering project frameworks. See what excites you.

Card 6: Volunteering

Goal: Contribute to an existing initiative and check fit via real work.

When to use: Want to help now while learning. Testing where skills fit best. Prefer contributing to a team.

The Move: Join an active project/org and support their work (Ops, Comms, Tech, Content).

Examples: Help local group organize events; Edit/Translate resources; Support internal ops.

Small First Step: Contact someone in an org you care about and ask if there are current volunteering opportunities.

Card 7: Start a Project

Goal: Start something small, self-initiated, to test an idea or fill a gap.

When to use: Identified a clear problem. Want to build something tangible without long-term commitment. Want to show initiative.

The Move: Plan a focused 2–6 week project with a clear output (Guide, Tool, Pilot).

Small First Step: Draft the project idea with a well-defined end point—and get feedback from one insider.

Card 8: Entrepreneurship Path

Goal: Check if building something new is your path to impact.

When to use: Energized by ownership. Have an idea (or want help finding one). Open to "starting from zero".

The Move: Start validating a problem space. Alternatively, apply to an incubator (like AIM).

Examples: Apply to sourcing/incubation programs; Talk to users; Create MVP.

Small First Step: Watch intro video/read material from incubators. Plan roadmap for MVP.

Card 9: Stay & Craft (Job Crafting)

Goal: Shift current role toward impact without changing jobs.

When to use: You basically like your job but want more impact. You have a reason to stay. You have internal influence.

The Move: Identify how to do good via your role (projects, initiatives, influence).

Examples: Lead/join an internal project; Propose changes aligned with impact; Use employer resources to do good.

Small First Step: Write down one idea for a change/initiative in your current role aligned with your values.

Card 10: Switch Team/Org

Goal: Use same skills/experience, but in a place better aligned with values.

When to use: You like your role, but want a meaningful context. You are ready for a job move, but not a career change. You found aligned orgs.

The Move: Apply for the same type of role in an aligned organization/team.

Small First Step: Identify 3 "good" organizations/roles where your current skills are a match.

Card 11: Adjacent Switch

Goal: Move to a new path that builds on what you've learned.

When to use: You want to change fields but leverage your background. You have transferable skills.

The Move: Identify paths where your experience gives a head start.

Examples: Academic → Policy Analyst; Consultant → Non-profit Ops.

Small First Step: Check job boards, spot skill gaps, and draft a plan to close them. **Bonus:** Talk to someone who made a similar move.

Card 12: Full Career Switch

Goal: Start a new path in a field better suited to your values.

When to use: Strong mismatch between current work and values. You feel it's right to "start fresh". You have stability/runway.

The Move: Choose a new direction and start building foundations (skills, experience, network).

Small First Step: Identify 2–3 roles in the new field. What skills are needed? Make a learning plan. **Bonus:** Talk to someone who switched "from zero".

Card 13: Earning to Give

Goal: Use earning power to fund high-impact work done by others.

When to use: High-income track. Can't work directly on the problem but want to support it. Motivated by financial freedom/flexibility.

The Move: Choose a path to increase income and commit to donating a percentage.

Examples: Tech/Finance/Consulting + pledge 10-20%; Join Giving What We Can.

Small First Step: Run a "commitment pilot" (e.g., 1% / month). Research one effective fund/org.

Card 14: Skills & Career Capital

Goal: Build expertise/credibility now to enable larger impact later.

When to use: Early career or missing relevant skills. Willing to delay direct impact for long-term contribution. Aiming for roles requiring deep knowledge.

The Move: Invest in environments that develop "hard-to-get" skills or credibility.

Examples: Relevant degree; Organization known for human capital growth.

Small First Step: Identify one skill/certificate that opens doors. Build a self-study plan.

Card 15: Get to know EA

Goal: Learn effective/proven domains and mindsets to generate ideas.

When to use: Unsure where to donate or what problems are important. Want a "map" before choosing. Want to base career on impact evidence.

The Move: Use intro materials/communities to learn about Effective Altruism and global priorities.

Examples: *Making a Difference* series; Intro to EA program; 80,000 Hours problem profiles.

Small First Step: Choose one entry point (video, program, or article list).