

# Creating *the NOW*



## Determining Career Interests:

### Exercise 1

If you have no idea what you want to do after high school or at another point in your life, then answering the following questions can give you some ideas and guidance to get started. Please answer the questions.

1. List the classes in school that were easy for you and the specific activities you enjoyed in those classes.
2. List the classes that were difficult for you and what made the classes so difficult.
3. List the classes you really enjoyed and briefly tell what you liked most about them.
4. List the classes you disliked the most and briefly state why.
5. What clubs or extracurricular activities did you enjoy and participate in at school? What did you most enjoy about them and why?
6. If you have done volunteer work for school or on your own, describe briefly what you did and what you enjoyed about it.
7. If you work part time, what things do you enjoy most about the job? List them. (If you previously worked, list what you enjoyed about the job?)
8. What chores do you help with at home that you enjoy? (cooking, helping siblings with their homework, etc.)
9. If you have hobbies, what are they and why do you enjoy them?
10. What do you like to do in your spare time?
11. What do you feel are your talents and skills?
12. What activities do you and your friends enjoy doing together?
13. Think about the stores and businesses you shop or deal with, including self-owned services. Are any of these of interest to you?
14. If you could own your own business, what would it be and why?
15. Describe what you would consider the ideal job. What activities would be involved in a typical day at work? What do those activities allow that you feel you need in your career?
16. What did you always want to do when you were younger (even if others said you could not do it)?
17. If money didn't matter, what would you really like to do with your life?

## Determining Career Interests

### Exercise 1 cont.

All of us have inner guidance we can receive answers from. Here are a couple methods I have used since my teens.

1. Find a comfortable, quiet place to sit with both feet on the floor. Breathe in and exhale slowly, allowing yourself to relax. Close your eyes and ask what your purpose or career is to be in this lifetime and hold the intent to receive the answer. If you feel you need assistance, ask Archangel Michael to help you. Observe and be open to whatever you see, hear, feel, or sense.

When you are finished, write down everything you saw, sensed, felt or heard, if there were other people, what things were being done, etc.

2. Another method is to ask what your career is before going to the sleep state. You might dream about it or receive a clue in the early morning hours. Keep a pen and paper by your bed to write down anything that comes to you. If you are unsure or want clarification of what was shown or given to you, ask it to be given to you in a different way. Then pay attention to clues throughout the day.

Are you open to accepting what was presented to you as a career in this exercise?

Do you already know what you really want to do in your life? If yes, what is it? What is stopping you from doing it?