

# Creating *the NOW*



## Determining Career Interests

### Exercise 3

1. Divide a sheet of paper into three sections and label them: Very Important, Preferred, and Will Do; Not Preferred.
2. Place the activities from Exercise 2 marked with an **L** or a short descriptive phrase of what you like about the activity into one of the three categories listed on your paper.
3. From Exercise 1, add additional activities under the appropriate section.
4. Review the items in each category and make adjustments as needed.
5. When you feel comfortable with each section's content, organize the items from the most important activity to the least important.
6. Circle those activities you feel are a must for your career; for example, working with others. Now review the most important activities and look at potential relationships between them, how you use them currently in your life, and how you could use them for a potential career.
  - a. How do they tie together?
  - b. What types of occupations of interest make use of these skills and what related careers exist?
  - c. Explore those areas or careers you feel drawn to and how you could incorporate your skills and the Very Important activities on your list.
  - d. How could you create your own customized career from your Very Important skills and interests?
  - e. Is there a need or niche for this product or service?