

# Creating *the NOW*



## Determining Career Interests

### Exercise 3

1. Follow the instructions below and use the table on the next page for this exercise. A spare table is included since most people prefer an extra one as a worksheet.
2. In Exercise 2, you placed an **L** in front of the activities you enjoy. (If you used Exercise 2 with a table, then use it instead.) In this exercise, you are to place those activities or a short descriptive phrase of what you like about the activity into one of the three categories listed on your paper.
3. Look over your answers in Exercise 1 for additional activities to add under the appropriate section.
4. Review the items in each category and make adjustments as needed.
5. Once you feel comfortable with the content of each section, organize the items from the most important activity to the least important.
6. You may want to circle the number of 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. How could you create your own customized career from your Very Important skills and interests section?
  - d. Is there a need or niche for this work?
  - e. Explore those areas or careers you feel drawn to and how you could incorporate your skills and the Very Important activities on your list.

## Determining Career Interests

### Exercise 3

Write a short phrase to show where you would place the information from the previous two exercises on the scale from the most important to the least important in each category. Use a pencil in case you decide to adjust the location on the scale. Use both columns if needed.

## Determining Career Interests, Exercise 3, cont.

### Very Important

1.	13.
2.	14.
3.	15.
4.	16.
5.	17.
6.	18.
7.	19.
8.	20.
9.	21.
10.	22.
11.	23.
12.	24.

### Preferred

1.	13.
2.	14.
3.	15.
4.	16.
5.	17.
6.	18.
7.	19.
8.	20.
9.	21.
10.	22.
11.	23.
12.	24.

### Will Do; Not Preferred

1.	9.
2.	10.
3.	11.
4.	12.
5.	13.
6.	14.
7.	15.
8.	16.

Once you are comfortable with the placement, use this as a guide to find a career with as many traits as possible or to create your own niche.

## Determining Career Interests Exercise 3

This is a spare table to use for those who need it.

### Very Important

1.	13.
2.	14.
3.	15.
4.	16.
5.	17.
6.	18.
7.	19.
8.	20.
9.	21.
10.	22.
11.	23.
12.	24.

### Preferred

1.	13.
2.	14.
3.	15.
4.	16.
5.	17.
6.	18.
7.	19.
8.	20.
9.	21.
10.	22.
11.	23.
12.	24.

### Will Do; Not Preferred

1.	9.
2.	10.
3.	11.
4.	12.
5.	13.
6.	14.
7.	15.
8.	16.

Once you are comfortable with the placement, use this as a guide to find a career with as many traits as possible or to create your own niche.