

## Your Guide to “Exploring Career Paths”

### How to use this guide:

*This is your step-by-step guide on how to get the most out of this activity! It includes reflection questions, suggested prompts, and many other tools to help you navigate choosing your career path.*

### Time Required:

15 - 30 minutes

### Activity Objective:

*Walk through your interests with Coach, explore various educational and professional options, and get questions answered.*

### Materials Needed:

- Access to [Coach](#)
- A place to jot notes (ex: journal or Google doc)

### Before we get started:

Think about one job that you find interesting and want to explore further. What do you find interesting about it?

### Questions to Ask Coach (aka Prompts):

- What career paths align with my interest in [ex.: design, helping people, science]?
- I excel at [topics, subjects, skills] but am not interested in [topics, subjects, skills]. What careers do you recommend?
- What do I need to do to become a [job title]?
- I want a job where I can [travel/have a good work-life balance/have financial stability]. What careers allow me to do that?
- My three non-negotiables for my next job are [X, Y, Z]. Which career paths satisfy these requirements?

**Reflection Questions:** When you're done with the activity, try jotting down answers to the following questions:

- What surprised you about the results?

# COACH

by [CareerVillage.org](https://www.careervillage.org)

- Which occupation stood out the most and why?
- What careers were not appealing to you?
- How do your top careers reflect your personality or hobbies?
- What is the easiest next step to try out the paths you are interested in (ex: watch a day in the life video, conduct an informational interview, read Glassdoor reviews, shadow someone for a day, etc)

## Optional Next Step:

- Ask a trusted individual (like a sibling or educator) what careers they think you would excel at. This might not align with what you want, and that's okay! This is just to gather more ideas.
- Head to [CareerVillage.org](https://www.careervillage.org) and ask our community of 200k Professionals with lived experience! Here is an example question: *I'm interested in [subjects, topics] and excel at [strengths]. Coach recommended [careers]. Do you think these are a good fit for me? What other careers should I consider?*
- Ikigai is the Japanese concept of finding your purpose. Fill out this [ikigai template](#) to find yours!