



SELF REFLECTION

ASKING THE WRONG QUESTIONS

Effective career planning should result in a goal that provides the individual the motivation and empowerment that accompanies a purposeful and meaningful direction. Oftentimes, in pursuit of a career path, people either compromise or aim too low, or simply don't think deeply enough, and ask themselves the wrong questions...

- What do my parents want me to do?
- What will be most in demand?
- How can I achieve power, status, and prestige?
- What kind of career will allow me to achieve fame or celebrity?
- What kind of career will bring me the greatest income?
- What kind of work will have the fewest hassles?
- What kind of work will cause me to take the fewest risks?
- What will allow me to pay the bills?
- What is currently available?
- What is currently posted on-line?
- Who's hiring right now?

ASKING THE RIGHT QUESTIONS

On the other hand, consider a new set of questions people might ask themselves in pursuit of activity that makes life meaningful and purposeful. To pursue a loftier or more profound goal, something that might represent your life's calling, you must have the courage to ask yourself the right questions...

- What was I born to do? What is my destiny?
- What would be my greatest contribution to society?
- What gifts do I want to share?
- What do I truly have a serious passion for?
- What is the best use of my life? What am I ready to dedicate myself to?
- What makes you feel proud?
- What problems in my world or my community cry out most powerfully to me to be solved?
- What can I do to serve humanity?
- What elements of human suffering speak to my heart?
- What causes do I connect with the most?
- What injustices do I want to fight against?
- What human aspirations do I want most to support?
- Who do I have empathy for?
- What do I value most in life? What is my purpose in life?
- What is my part in making the world a better place?
- How can I make a difference in the world?
- What is my calling?

PERSONAL REFLECTION

What activities are represented by your hobbies?
What activities are represented by your leisurely or recreational pursuits?
What activities do you have a particular passion for?
What activities do you find desirable, enjoyable, fun or pleasant.
What activities are so enjoyable that you would you engage in them without being paid?

What activities are you particularly good at doing?
What activities do you perform better than most people?
What activities represent your special abilities, strengths or talents?
What activities represent your area of expertise?
What activities are reflective of your accomplishments and achievements?
What activities have you been most successful in performing?

What activities best reflect your values, beliefs and principles?
What activities make you feel like you're really doing something important?
What activities have been proud to be a part of?
What activities make you feel like you're really helping others?
What activities make you feel like you're really contributing to society?
What activities make you feel like you're really making a difference?

NEEDS ASSESSMENT

How much money do you need to earn?
How important is status and prestige to you?

What kind of city do you want to live in?
What location or region do you want to live in?
What geography and climate do you prefer?
What kind of community do you want to be a part of?
What kind of leisure and entertainment activities do you want to have access to?

How much time do you want for family and friends?
How much time do you want for hobbies and outside interests?
How much time do you want for community service involvement?

What kind of people do you like to interact with?
What kind of work environment is most conducive for you?
What kind of projects motivate you?
What work functions do you gain the most satisfaction from performing?

How important is the ease of your commute and your access to public transportation?
How important is it for you to have access to libraries, galleries, theatres and museums?
How important is it for you to have access to parks and recreational centers?
How important is it for you to have access to sports, athletic, or fitness centers?

