

CAREER EXPLORATION ACTION GUIDE

Step 1: Review your career matches

Your career matches are based on your DISC Behavioral Style, your top three Motivating Factors, and your top three Career Interests.

The careers matching your natural behaviors (how you prefer to behave and communicate when you are most relaxed) are ones that allow you to act naturally and be yourself on the job (rather than behaving in a way that is not natural to you and causes you stress).

The careers that match your Motivating Factors are those that you will feel most rewarded by. They match your passions and drivers. If you can find careers that match your top 2 or 3 Motivating Factors you will feel very satisfied in these careers.

The careers that match your Career Interests are those that you found interesting based on the tasks performed and the nature of the work. It is important to enjoy what you are doing, as you will spend a great deal of your day at work performing these tasks.

Go through your career matches and circle or highlight the careers that you would like to know more about. This is about exploration of possibilities, so look things up.

Find Jobs that match your top 2 or 3 Motivating Factors and those that match your behavioral style, motivators and interests. There will be few that match in all areas, and if you find that you don't have any that match your behaviors and all three of your motivators, then look for those that match your behaviors and at least 1 to 2 of your motivators. Those you should definitely explore. This is about exploration of possibilities, **so look things up**.

Step 2: Answer the following questions

What are my career goals?

What will it take for me to achieve a career in this field (education, training, resources, and length of time)?

What are my personal goals in life?

What resources, training, and skills do I need?

If I had no fear of failing and no one telling me what to do, what would I do?

What are my best qualities?

What are my worst qualities?

What do I think others say about me when I am not around?

What would I like them to say about me?

Step 3: Write your own success story.

Imagine it is the future and you have achieved the things you set out to do in life. A major magazine has just written an article on you. Write this story (be sure to include your many accomplishments).

Step 4: Write your top 3 careers.

Based on what you have learned from your report, the questions you have answered about yourself, and your career research, write the top 3 careers you are interested in and why you like them.

1. Career Title:

Training, education or special skills you will need:

Why do you like it?

Similar careers:

What is the outlook for this job (are companies hiring a lot for this job or are the number of positions shrinking)?

What is the average salary for this job?

2. Career Title:

Training, education or special skills you will need:

Why do you like it?

Similar careers:

What is the outlook for this job (are companies hiring a lot for this job or are the number of positions shrinking)?

What is the average salary for this job?

3. Career Title:

Training, education or special skills you will need:

Why do you like it?

Similar careers:

What is the outlook for this job (are companies hiring a lot for this job or are the number of positions shrinking)?

What is the average salary for this job?

Step 5: Next steps

Don't feel like you have to choose a career today. It is common for people to not know exactly what they want to do. The important thing is to explore the possibilities and realize there are many different careers that you may have never heard of but may enjoy. Go to www.spectrumcareemap.com to browse more jobs and conduct additional research.

When you do find something you are interested in pursuing you can begin to set goals and objectives to gain the knowledge and experience you will need to enter the field. You may want to talk to a career counselor or even contact a person who works in the field currently and can tell you about what the day to day activities and responsibilities are as well as let you observe to see how you like it.

What have you learned from this report?

What will you do because of what you have learned?