

humantold

Career Exploration

This activity is designed to assist and guide clients with exploring their identity and values in the workplace. This can also be a tool to help clients explore and discover their ideal job, workplace environment, strengths in the workplace, etc.

These prompts/ sentence completions can be used to facilitate conversations around employment and career goals.

I am the kind of person who ...

Enjoys _____ while working.

Is good at _____.

Does not like _____.

Feels accomplished at work when _____.

Feels valued when _____.

Feels discouraged when _____.

Is able to _____.

Has been described as _____.

Enjoys being around people who _____.