

# Learning About Yourself from Everyday Life

Fill in the below grid for yourself, reflecting on some of your **favorite experiences, classes, volunteering, hobbies or activities**. Try not to focus too much on specific careers right now; rather, brainstorm what you're drawn to in life and why (e.g.: If you love to travel, what is it about traveling you most like? Is it discovery and variety, interacting with new cultures, food?)

Activity or Experience	Aspects I Like	Aspects I Don't Like	What Strengths Does This Activity Show?	Career Ideas
Salsa dancing	<ul style="list-style-type: none"> <li>Meeting people from all different backgrounds</li> <li>Spontaneity/variety</li> <li>Being active and exercising</li> </ul>	<ul style="list-style-type: none"> <li>When my dance instructor corrects me</li> <li>Technical or precise aspects of the dance</li> </ul>	<ul style="list-style-type: none"> <li>Good communicator</li> <li>Understand people</li> <li>Energized by interactions</li> <li>Creative/like new ideas</li> </ul>	<ul style="list-style-type: none"> <li>Advertising</li> <li>ESL teacher</li> <li>Physical therapist</li> <li>Public relations</li> </ul>

## Note

In the example above, notice how the person didn't conclude choreographer or dance instructor as a career idea. This is where the mantra "follow your passion" can be confusing. Just because you like to do something, doesn't mean it itself is the right career fit. Determine "why" you like it. What might the hobby tell you about your working personality? Or is the activity itself the top priority and you do want to make it a career?

## Reflection:

**What brings you joy or energy in life? What patterns emerged from this exercise?**