



Skills, Natural Tendencies, Passions

Worksheet from Career Week

Figuring out who you are and looking inward is the real way to figure out which direction you should take your career in. There are 3 key areas that you should pay attention to before considering any job.

1. **Skills** – Having the skill to do your job is important, however it is not everything. You can have the skill of customer service, yet dislike providing customer service. Write down all of the skills that you possess or have the ability to do. (marketing, communication, supervising, writing, finance, forklift, sorting, construction, marketing, etc...)
2. **Natural Tendencies** – Being your real self at your job is important for finding career satisfaction. Are you a people person and very out-going? Are you more detail oriented and analytical? If you can, we highly recommend taking a personality test such as the DISC Profile to find out more about your natural tendencies. Circle personality traits below that you gravitate toward, or perhaps friends and family have referred to you as these:
- 3.

D	Confident	Demanding	Bold	Competitive
I	Enthusiastic	Trusting	Open	Fun-Loving
S	Calm	Loyal	Patient	Cooperative
C	Accurate	Detail Oriented	Logical	Predictable

Which row you circled the most words from is your natural tendency as it relates to a DISC Profile. (Row 1 = D, Row 2 = I, Row 3 = S, Row 4 = C) Visit discprofile.com to learn more about each tendency. Understanding what your personality traits are will help you better understand what type of role and environment you will be most comfortable in.



4. Passions – Passions are those things that you love doing. What you dream about doing, and when you find time just flying by. Answer the following questions:

If money wasn't an issue, what would you spend your time doing?

What did you enjoy as a child but maybe didn't think it was a realistic career path?

By combining your skills, natural tendencies and passions you can understand yourself better and what jobs will be good fits for you. Often a fulfilling path is discovered right under our noses, but we shy away because we think career has to be some complicated thing.