



Career Discovery Tracker

Name: _____ Date: _____

With regard to the world of work consider the following questions. Tick the box that best describes you.

	Not at all	A little	Reasonably Well	Very Well	Extremely Well	
How well do you understand your strong interests?	0	1	2	3	4	
How well do you understand your strengths?	0	1	2	3	4	
How well do you understand your values?	0	1	2	3	4	
How well have you done at investigating the kinds of work and workplaces that interest you?	0	1	2	3	4	Total Score

Guidelines:

- Your strong interests are the things you really enjoy doing, for example, helping people, working with your hands, organising and planning things, fixing things, using your imagination or solving problems.
- Your strengths are the qualities, skills and experience that you bring to the workplace.
- You values are that things that matter to you most, for example, having fun at work, making a difference in the world, making lots of money, being allowed to be creative in your work and being recognised for the work you do.
- To understand your strong interests, strengths and values better you can explore different types of different work environments. To do this you could volunteer, start a new hobby or spend some time with someone that does a type of work that interests you.
- Developing your career self-concept is vital to your wellbeing. So invest time discovering different types of work that you are good at and the kinds of workplaces that you enjoy being in. Everyone is meant to have a rewarding, enjoyable and fulfilling work-life. This is what wellbeing at work is.
- To help you develop a mature career self-concept you can engage in specific activities, for example, assessments that help you identify your strengths, interests and values.

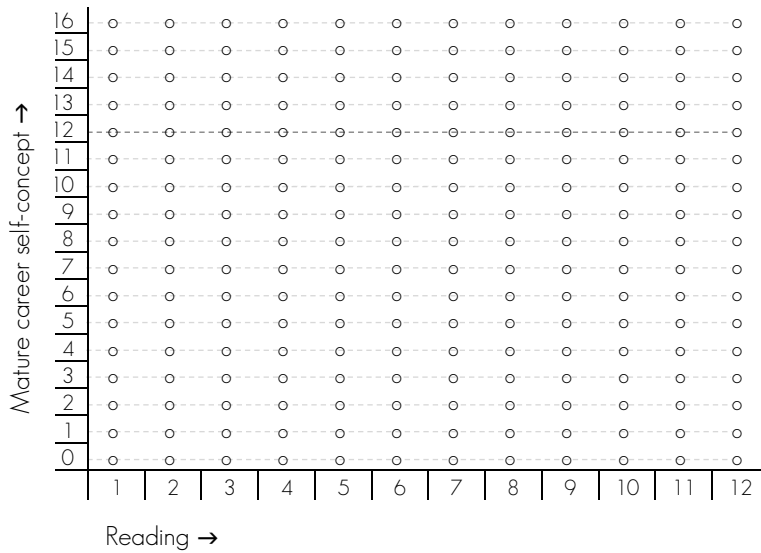
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Career Discovery Tracker

Name: _____

Start Date: _____



Reflect on your progress regularly and engage in activities that will help you improve your score.

www.WellbeingTrackers.com

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IMPORTANT INFORMATION

Read this page before using this Tracker.

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Instructions

Step 1: Answer the questions on the Tracker.

Step 2: Add up your total score.

Step 3: Plot your total score on the chart.

Step 4: Reflect on your progress regularly and engage in a activities that will help you improve your score.

Consider sharing and discussing your Tracker with supporting friends.

Tips

1. If you feel your score is in between two of the options then place a mark between them and score it as a half point. For example, if you feel the choice that best describes your experience is in between "reasonably well" and "very well" then put a mark between them and score it as "2.5".
2. The most important thing is that whatever way you use this Tracker use it in a way that feels right to you - that's the key!



Wellbeing and Recovery Trackers

Empowering Communities. Creating Wellbeing.

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