

What do YOU really want to do?

Our values influence our behavior and consequently the achievements we make in our lives. It is not always easy to define our values, and yet, going through life unaware of them is like painting a picture with only half a palette. How many people just stumble into their line of work or career? How many are still doing the same type of job they did straight after leaving school? Wouldn't it be better to find out what makes us tick and then do something that motivates and fulfills us?

The following activity is simple, quick, and very thought provoking. It can bring great clarity when searching for a career or line of work. Don't just read it — print it and do it — you might be surprised by what you uncover.

Step 1 Brainstorm a list of the things you enjoy doing. There are no right or wrong answers here. No action is too silly. The idea is to generate as many activities that bring you joy as possible, so write things down as you think of them. List a minimum of 20 ideas.

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Step 2 Ok, now you can use a little more time and be selective. Out of that list, put a line through the 15 or more that are least important to leave you with your top 5 activities.

Continue over

Step 3 Write down those 5 activities below, and alongside write down why you enjoy doing each one, there's no need to be too descriptive, keep it brief.

Example: Going for a swim. Why? It relaxes me. Or maybe; I like to search for coral — be honest, nobody else is looking at this.

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Step 4 Look at the reasons you've listed above in the second column. Now, below, write down why you wrote your answer.

*Example: Why does it relax me? It gets my body moving and makes me feel healthy.
or: Why do I like to search for coral? Because I am fascinated by my environment.*

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Step 5 Identify the themes you've created above. For the examples shown, the first theme could be health and second could be adventure. This process could reveal many other themes such as:
growth, loyalty, challenge, comfort, solitude, belonging, contributing, etc.
Write these down below.

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When you've completed this exercise, you will have a better idea of the core values that matter most to you; the things listed above are the things that drive you.

Once you have that knowledge, you can look for career opportunities that incorporate those values. This will increase the probability that you will find a meaningful career, one that you enjoy and one that satisfies you.