

# CAREER CRUISER

## PART I: THE SELF-AWARENESS FACTOR

### Who Am I?

## What's Up With You?

This activity will help you identify your personal traits or values. Just as the spine supports the body, values are the backbone for our important life decisions. Your journey through life will offer a variety of experiences, so as you change and grow, your values may as well. The list below contains a variety of satisfactions that people get from the activities they do. Using the scale below, rate the degree of importance to you.

### 1- Not important at all

### 2- Somewhat important

### 3- Very important

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Helping Society:</b> Doing something that contributes to improving our world.                      | <input type="checkbox"/> <b>Physical Challenge:</b> Doing activities that use my physical capabilities.                               |
| <input type="checkbox"/> <b>Helping Others:</b> Being involved in helping other people in a direct way.                        | <input type="checkbox"/> <b>Excitement:</b> Experiencing a high degree of excitement in the activities I do.                          |
| <input type="checkbox"/> <b>Competition:</b> Engaging in activities that rival my abilities against others.                    | <input type="checkbox"/> <b>Intellectual Status:</b> Being regarded as a person of high intellect or as an "expert" in a given field. |
| <input type="checkbox"/> <b>Creativity:</b> Creating new ideas, programs, or organizational structures.                        | <input type="checkbox"/> <b>Change and Variety:</b> Having responsibilities that frequently change.                                   |
| <input type="checkbox"/> <b>Artistic Creativity:</b> Engaging in creative activities in any of several art forms.              | <input type="checkbox"/> <b>Stability:</b> Having structure and routine in my activities.   |
| <input type="checkbox"/> <b>Knowledge:</b> Engaging myself in the pursuit of knowledge and understanding.                      | <input type="checkbox"/> <b>Profit-Gain:</b> Having a strong likelihood of accumulating large sums of money.                          |
| <input type="checkbox"/> <b>Having Power and Authority:</b> Controlling or influencing the opinions and activities of others.  | <input type="checkbox"/> <b>Fast Pace:</b> Being involved in circumstances where there is a high pace of activity.                    |
| <input type="checkbox"/> <b>Public Contact:</b> Having a lot of day-to-day contact with people.                                | <input type="checkbox"/> <b>Working With Others:</b> Working as a team member toward common goals.                                    |
| <input type="checkbox"/> <b>Working Alone:</b> Doing projects alone without much contact with others.                          | <input type="checkbox"/> <b>Adventure:</b> Participating in risk-taking activities.   |
| <input type="checkbox"/> <b>Religious:</b> Participating in activities to better relate to the divine, mystical, or spiritual. | <input type="checkbox"/> <b>Independence:</b> Determining my actions without direction from others.                                   |
| <input type="checkbox"/> <b>Recognition:</b> Being recognized for the things I do in a public way.                             | <input type="checkbox"/> <b>Technology:</b> Doing activities that involve machines and tools.   |

Now look through the completed list. Of the items you've marked as, 3-very important, pick the five that are most important to you.

### List your top five satisfactions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

