

Mapping Your Future:

A Career Discovery Guide for Teens



Welcome to a journey of self-discovery and future planning! As you stand at the crossroads of life's many paths, it's crucial to align your career choices with what truly resonates with you. Your passions, the values you hold dear, and the impact you dream of making in the world are not just guiding stars, but the very core of a fulfilling and meaningful career. This exploration is not just about finding a job, but about discovering how you can make your unique mark in the world, doing work that excites you, aligns with your inner beliefs, and contributes positively to society. Let's dive in and uncover a career path that lights up your path and brings your aspirations to life!

Questions & Activities:

1. Self-Discovery:

- **Questions:**
 1. What are your top three passions and why?
 2. Imagine your ideal day ten years from now. What does it look like?
 3. List five things that make you genuinely happy and explain why.
- **Action Step:** Create a vision board that combines these passions, ideal day elements, and sources of happiness, and explore how they could translate into potential careers.

2. Community and Empathy Building:

- **Questions:**
 1. Describe a time when you helped someone. How did it make you feel? What changes would you like to see in your community and why?
 3. Write about a day in the life of someone from a different background than yours.
- **Action Step:** Identify a community issue you are passionate about and outline a project or initiative you could lead or participate in that reflects this passion.

3. World Perspective:

- **Questions:**

1. What are three global issues that concern you, and why?
2. How can you contribute to a solution for one of these issues?
3. Describe a world where everyone lives in harmony. What does it look like?

- **Action Step:** Choose one global issue and research career paths that directly contribute to solving this problem. Prepare a short presentation on your findings.

4. Critical Thinking and Problem Solving:

- **Questions:**

1. Identify a common problem in your community. What are some creative solutions?
2. Discuss a historical event and analyze its impact from various perspectives.
3. Create a 'mind map' of a project you wish to undertake.

- **Action Step:** Develop a detailed plan for a community project addressing the identified problem, incorporating historical insights and your project idea.

5. Goal Setting and Future Planning:

- **Questions:**

1. Set short-term and long-term goals. What steps are needed to achieve them?
2. What does success mean to you? Is it different from how others define success?
3. What skills do you think you will need for your future career?

- **Action Step:** Draft a personalized career plan that includes your goals, definition of success, and the skills you need to develop, with timelines and milestones.

6. Creative Expression:

- **Questions:**

1. Include an art or writing project that reflects your hopes for the future.
2. Write a poem or story about a world you wish to create.
3. Design a poster that represents your personal values.

- **Action Step:** Create a portfolio of your creative work that aligns with your envisioned career and present it to your class or in a school exhibition.

7. Mindfulness and Reflection:

- **Questions:**

1. What are daily practices that help you stay mindful and present?
2. What brings you peace and how do you handle stress?
3. Reflect on a challenging situation and how you overcame it.

- **Action Step:** Develop a personal mindfulness routine that supports your mental and emotional well-being, aligning with your career aspirations.

8. Interactive Activities:

- **Questions:**

1. Propose a topic for a group discussion or debate that interests you.
2. What community service project would you like to initiate or join?
3. Describe a role-playing scenario to foster empathy and understanding.

- **Action Step:** Organize and lead an interactive session based on one of your proposed activities, focusing on collaboration and empathy-building.

As you embark on this exciting journey of self-discovery and career exploration, remember that your path is uniquely yours. The world of work is vast and full of possibilities, and it's okay if you don't have all the answers right now. Keep exploring different fields, asking questions, and seeking experiences that spark your interest. Allow your understanding of your career interests to evolve as you grow, always aligning them with your personal aspirations and values. The journey towards a fulfilling career is a continuous adventure of learning and self-reflection. Stay curious, remain open to new possibilities, and trust in your ability to carve out a career that not only excites and challenges you but also feels deeply rewarding and aligned with who you are and who you aspire to be. Your future is bright, and every step you take is a step towards realizing your dreams.



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