

HOW TO FIND YOUR CAREER SWEET SPOT

Use the space below to brainstorm ideas that will help you discover the overlap of your strengths, passions, and the value you add to others.

STRENGTHS

What are your key strengths? Consider:

- Education
- Hobbies (i.e. sports, cooking, entertaining, crafts)
- Personal Skills (organizing, managing finances, listening)
- Professional Skills (research, analytical thinking, technical skills)
- Personality
- Others' feedback

PASSIONS

What do you like? Think about the things you enjoy, even the silly ones! Consider:

- Entertainment (shows, books, movies)
- Hobbies (knitting, pick-up basketball, playing cards with friends, planning trips, hosting parties, crafting with kids)
- Causes you support

What are the key themes that unite your interests?

VALUE TO OTHERS

Who can you serve with your skills and experience? Where can you add value and why?
Consider:

- Individuals
- Groups
- Industries
- Specific types of companies

OVERLAP

Where do your strengths, passions, and value to others overlap? That's the Career Sweet Spot!

How can you use your talents to your best ability, while spending time doing activities you enjoy, and helping a company/individual solve a problem/reach a goal?