**What Type of Job Should I Look For Worksheet**

**Identifying your Work-Related Interests** (15min): alis.alberta.ca/careerinsite/know-yourself/interests-exercise

List your top three work interests here:

1.

2.

3.

Are there any matching occupations that you are interested in?­

**Identifying your Preferred Working Conditions** (10min): alis.alberta.ca/careerinsite/know-yourself/preferred-working-conditions-quiz/

List your five most important working conditions:

1.

2.

3.

4.

5.

**Identifying your Work-Related Strengths** (12min): alis.alberta.ca/careerinsite/know-yourself/abilities-exercise

List your top three abilities:

1.

2.

3.

Are there any matching occupations that you are interested in?

**Identifying your Work Values** (15min): alis.alberta.ca/careerinsite/know-yourself/work-values-quiz

List your work values here:

1.

2.

3.

4.

5.

**Optional Exercises**

**Identifying your Skills** (10min): alis.alberta.ca/careerinsite/know-yourself/skills-quiz/

List your top 10 career skills here:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**Identifying your Traits** (10min): alis.alberta.ca/careerinsite/know-yourself/traits-quiz/

List your top 10 traits here:

1.

2.

3.

4.

5.

**Vision Exercise** (15min): alis.alberta.ca/careerinsite/know-yourself/vision-exercise/

Answer the questions and then copy your results here.

**Putting it all Together**

**Some questions to consider:**

How do your interests, preferred working conditions, strengths and values relate to any previous jobs you have held?

What were the problems in these previous jobs?

How would your ideal job relate better to your work-related interests, values and strengths, or your work identity?

What sorts of occupations would best fit with your work identity?