



## Motivate, Explore, Support

By completing this worksheet, you will learn about careers that align with your gifts/strengths/values, college/training pathways that lead there, identify the importance of education beyond high school, and name people in your community who can support your dreams. Our sincere hope is to offer guidance in charting your path so that you can take your next steps after high school with confidence.

**If you would like QR codes for all of these links please see a resource library link on the last page.**

Name: \_\_\_\_\_

**Step 1.** Write down your top 2 values after completing [this Brene Brown worksheet](#)

- 1.
- 2.

**Step 2.** Take the free [VIA character strengths assessment](#) and write down your top 5 character strengths

- 1.
- 2.
- 3.
- 4.
- 5.

**Step 3.** Take a free career inventory test below or the one found in your [High School and Beyond Plan](#) (ask your high school counselor for your log-in link)

Career Bridges: <http://www.careerbridge.wa.gov/>

Holland Codes: [bellinghamtechnical.lightcastcc.com](http://bellinghamtechnical.lightcastcc.com)

Write your results and career ideas down here:

**Step 4.** Complete a free personality inventory

Truity: <https://www.truity.com/>

16 personalities: <https://www.16personalities.com/free-personality-test>

Write your results and career suggestions down here:

**Step 5.** List the impact of education or training beyond high school (*why* does it matter) for...

- Yourself:
  
- Your family or caretaker:
  
- Your community and culture:

**Step 6:** If you have completed your [hope score](#) include your current number below. If you haven't, please do so below. If this number increases over time, great news, you are increasing your hope and your overall well-being!

*“Hope is the belief that the future will be better and you have the power to make it so. Hope is based on three main ideas: desirable goals, pathways to goal attainment, and agency (willpower) to pursue those pathways.”*  
~[Hope Research Center \(ou.edu\)](#)

Date:  
Hope Score:  
Date:  
Hope Score:

**Step 7:** After completing the previous sections please reflect on the following (some questions may require more research on the sites you explored earlier):

According to the personality/career/values/character inventories and after identifying my why

- I am: \_\_\_\_\_.
  
- My key strengths are: \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, and \_\_\_\_\_.
  
- I can see myself becoming a/an: \_\_\_\_\_,  
\_\_\_\_\_, or \_\_\_\_\_.
  
- Pathways that will lead there are: \_\_\_\_\_,  
\_\_\_\_\_, and/or, \_\_\_\_\_.
  
- College or training programs that I want to learn more about are: \_\_\_\_\_,  
\_\_\_\_\_.

*\*Fun fact, you now have some great descriptive words for a college admissions or scholarship essay or to include on a resume!*

**Step 8.** Next, identify a step you can take to learn more about pursuing a pathway of your choosing.

Ideas: Conduct an informational interview with someone in your field of interest, [research salaries](#), attend a [Learning with Leaders](#) event, talk to your school counselor about classes you can take now that connect to your field of interest, take a site or college tour of a place you're interested in (virtual or in-person), complete a FAFSA or WASFA, book a 1-1 session with a FNW mentor, consider a running start program that has classes in your potential field of study, etc.

My next steps:

- 1.
- 2.
- 3.
- 4.

**Step 9.** And finally, identify people and organizations you can connect/work with to help you reach your goals. Example: Atiana Garza, FuturesNW [agarza@futuresnw.org](mailto:agarza@futuresnw.org), can help with pathways support!  
See QR code library for more ideas.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**QR code and link library:**

<p><b>Step 1.</b> Brene Brown Values worksheet  <a href="https://brenebrown.com/resources/living-into-our-values/">https://brenebrown.com/resources/living-into-our-values/</a></p> 	<p><b>Step 2.</b> Via Character Assessment  <a href="https://www.viacharacter.org/">https://www.viacharacter.org/</a></p> 	<p><b>Step 3:</b> Career Inventory Career Bridges:  <a href="http://www.careerbridge.wa.gov/">http://www.careerbridge.wa.gov/</a></p> 
<p><b>Step 3.</b> Career Inventory Holland Codes:  <a href="http://bellinghamtechnical.lightcastcc.com">bellinghamtechnical.lightcastcc.com</a></p> 	<p><b>Step 4:</b> Personality Inventory Truity: <a href="https://www.truity.com/">https://www.truity.com/</a></p> 	<p><b>Step 4:</b> Personality Inventory 16 personalities:  <a href="https://www.16personalities.com/free-personality-test">https://www.16personalities.com/free-personality-test</a></p> 
<p><b>Step 6:</b> Hope Score:  <a href="https://hopescore.com/hope-score/">https://hopescore.com/hope-score/</a></p> 	<p><b>Step 8.</b> Salary Research:  <a href="https://www.bls.gov/ooh/">https://www.bls.gov/ooh/</a></p> 	<p><b>Step 8.</b> Learning with Leaders:  <a href="https://www.futuresnw.org/learning-with-leaders">https://www.futuresnw.org/learning-with-leaders</a></p> 
<p><b>Step 9.</b> Additional FNW Resources:  <a href="https://www.futuresnw.org/resources-1">https://www.futuresnw.org/resources-1</a></p> 	<p><b>Step 9.</b> FNW Calendar:  <a href="https://www.futuresnw.org/events">https://www.futuresnw.org/events</a></p> 	<p><b>Step 9.</b> Your FuturesNW team:  <a href="https://www.futuresnw.org/our-team-1">https://www.futuresnw.org/our-team-1</a></p> 