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EVERYGIRLS RISE QUOTABLE

“I’ve always found that my gut is usually right and the times I make the biggest mistakes are when I’m not listening to my intuition.”

CHRISTINA STEMBEL, CEO & FOUNDER OF FARMGIRL FLOWERS

Understanding what you’re passionate about — and how to translate that into a career — is challenging to say the least. **It’s not always easy to identify our own strengths and how they mesh with our aspirations and goals.**

Sometimes we have a certain idea of what we want but don’t realize what that job or career would actually entail. It’s valuable to sit down and think about what you would like to work on day to day — what types of projects or tasks would you enjoy working on? What big picture goals would you be interested in as you moved through a career in that field?

Start thinking critically about what you actually *want*, and try not to be influenced by outside forces — like the opinions of your parents, your friends, random people online. They won’t be going to work in your shoes every day. **Only you can determine what’s right for you. Go with your gut!** And know that you can always change your mind down the road — your career will constantly be evolving. You won’t always know what works best for you until you get into the nitty gritty of something... and realize it’s not right.

WHAT LIGHTS YOU UP

Think about the last few months and list the things you did in your off time — hobbies, interests, after-work commitments. Get granular and list everything, even things that might not seem “big” or “important.” Try things like “spent four hours lost in a good thriller” or “played volleyball with my friend,” took photos, and then edited them in VSCO to post on Instagram.” Then, rate each of the activities based on your enjoyment level, with 5 being the most enjoyable and 1 being the least.

_____	1	2	3	4	5
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_____	1	2	3	4	5

PULLING IT ALL TOGETHER

Analyze your list above, pull out the activities you rated the highest, and list them below:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Take a few minutes to study the top-rated activities you just listed. Is there a common thread? What, specifically, do you enjoy about each? Is it the people you're with? Is it one element or the activity as a whole? What are your favorite parts of the process? Do you think you would like it more or less if you did it every day?

Now, list a few of the marketable skills you've honed through these activities — whether it's teamwork, iPhone photography, mastering Excel, copyediting/critical reading, logistical planning, creative thinking, etc.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Time to do some research! Now that you have a general idea of specific activities you enjoy doing in your off time and marketable skills you possess, start searching for different fields and potential jobs that combine these activities and skillsets. Do you love reading and excel at copyediting? Start deep-diving on publishing house websites for staff lists and note their job titles. Then, check out websites like Glassdoor for insight on what those job titles actually mean. Below, list 4 job titles and/or fields to explore further over the next month:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

GOAL SETTING – SHORT TERM

Let's make things happen! Visualizing and recording your goals is a great way to keep yourself on track and plan for the future by creating actionable next steps to achieving your dreams. Start by listing 3 things you are grateful for about where you are now:

- 1 _____
- 2 _____
- 3 _____

In an ideal world, what would you like your career to look like in 1 year?

In an ideal world, what would you like your career to look like in 5 years?

Review what you're currently grateful for and what you want your career to look like in the next few years. What are the common threads? What next steps make sense based on the goals you listed? Below, write down at least 3 actionable steps you can take in the next 6 months to help your short term goals become a reality. Feeling stuck? Check out theeverygirl.com/category/career-finance for helpful tips on cultivating the career of your dreams.

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GOAL SETTING – LONG TERM

Now that you have a few short-term goals and strategies in place, let's think BIG. What are your overall career goals? Get really creative and let your imagination take you to new and fresh ideas — do you want to own a vineyard in the South of France? Do you want to be a tech CEO with an award-winning app under your belt? Do you want to work for yourself full time? The sky is the limit.

In _____ years, I would like to be _____
at _____ .

I want to feel _____ , _____
and _____ about my career.

Write down a few adjectives that you'd like to use to describe your career in 20 years.

Now that you have an idea of big ideas and goals for your future, try breaking down that information into a few actionable steps to move forward. Do you need to research more about your desired field? Should you seek out a mentor who has a career or job you admire? Write down at least 5 things you can accomplish this year to help make the above dreams a reality.

- _____
- _____
- _____
- _____
- _____