

Do more than punch the time clock! Find a career that makes you happy.

When you work full-time you will be putting in at least a 40 hour work week. At times it will seem like you spend more time with your coworkers than you do your own friends and family. Make your career matter! Choose something that will make you happy. Skills can be learned, but your passion is a part of who you are. It may take some work to reveal what you're truly meant to do but, it's worth the effort.

Research careers that interest you to learn more about them.

Many people feel stuck because they simply don't know what exists in terms of career possibilities. Check out information on the internet or conduct an informational interview with someone in that field or network.

Get tested.

Meet with a career counselor and ask for a career assessment. These are offered at schools and through your local One Stops. Knowing yourself better will save you from wasting your life on career choices that leave you unfulfilled. As you get to know yourself better you will be able to look at a career description and see how it does or does not match our values and/or personality style. There are also career assessments available online. Try visiting the following sites:

<http://www.typefocus.com/>

<http://www.humanmetrics.com/cgi-win/jungtype.htm>

http://www.caseylifeskills.org/pages/assess/assess_acls.htm

Take a look at your early influences.

What did you enjoy as a child? What were your hobbies and interests? What games did you play? What were your early career fantasies?

What do you value?

Creativity? Travel? Helping people? A flexible schedule so you can spend time with your family-? Do you like working independently or as part of a team? Being your own boss? Make a list of everything you deeply value and want in your career.

Do you want to make a difference or contribute to society through your work?

Is there a spiritual component to your career? How do you see yourself making a positive change? What are your areas of special interest?

Give it a try.

Internships and apprenticeships are great ways to test drive careers. You can also volunteer or find a temporary job in the fields that interest you.

Listen to your heart.

What do you enjoy doing so much that you'd do it for free? What activities give you the most joy? Cooking? Writing? Inventing? You really can make a career out of the things you love, that's what finding your passion is all about.

Apply for services at your local One Stop.

One Stops operate federally funded programs geared toward helping people find successful employment. They offer career guidance and assessments, work readiness training and paid work experience opportunities.

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