

PURPOSEFUL PURSUIT CAREER



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WELCOME

Welcome to the **Purposeful Pursuit: Career Edition**. I'm Samantha Hoover, a Licensed Professional Counselor in Frisco, Texas. I specialize in helping teenagers and young adults create a life they want to live, while coping with trauma, anxiety, or depression. If you know me IRL, then you probably know how passionate I am about intentionality. We often dream of having a "perfect life" but it stays right there--as a dream. My goal, and the goal of this workbook, is to help you start putting dreams to paper and discover how to truly live out your dreams.

To use this workbook, simply download the PDF and either print it out or fill it out digitally.



HOW TO USE

This workbook is best used as a tool to get you started dreaming again. It is not intended to be prescriptive, where at the end you find your dream career. Rather, it is meant to help you start thinking about what you would really be good at. Use these tools in the workbook to start brainstorming skills and interests you have. Sometimes dreaming of a career can feel limiting or intimidating. I believe you'll get the most out of this workbook if you first fill it out yourself, with no limits. Then, feel free to ask close friends and family their opinions on each section for you. If you want more, or want someone to guide you through this process, feel free to reach out for counseling services.

Let's start!



MY PASSIONS

A list of all the things I care about



Passion #1



Passion #2



Passion #3



Passion #4



Passion #5



Passion #6



WHAT I'M GOOD AT

Sometimes when we're trying to consider what we're good at, we only think about tangible things, like organizing or art, or practical things like math or science. We tend to think of things we've been graded on in the past. Spend some time thinking not only of those things, but also what sort of things people have come to you for advice on, what people have told you you're good at, or what kind of compliments you have received. One of the best ways to find a career is to focus on something you're naturally good at already.

01

Things People Compliment Me On:

02

Best Classes in High School/College:

03

People Come to Me For Advice On:





YOUR 4 STORIES

We are the stories we tell ourselves. Think back to four memories of times you felt most accomplished. What are your top 4 accomplishments in life so far? Write down the details of the event, and what exactly made you feel proud of yourself.



01

Story:

02

Story:

03

Story:

04

Story:





VALUES

circle your top 10 values

AUTONOMY	ACHIEVEMENT	SECURITY	PREDICTABILITY	POWER
SELF-DISCIPLINE	INFLUENCE	CHANGE	MODERATION	STRUCTURE
RECOGNITION	WEALTH	HEALTH	SPIRITUALITY	MEANING
FRIENDSHIP	CREATIVITY	INDEPENDENCE	PRIVACY	KNOWLEDGE
SOCIAL JUSTICE	LEADERSHIP	INNOVATION	LOGIC	DEALING W/ NUMBERS
COLLABORATION	CHALLENGE	PHYSICAL	DIVERSITY	HARD WORK
LEARNING	HELPING OTHERS	RESPONSIBILITY	STABILITY	TEAMWORK
BALANCE	SUSTAINABILITY	SIMPLICITY	RESPECT	OWNERSHIP
PRODUCTIVITY	HANDS-ON	TECHNOLOGY	EMPATHY	FLEXIBLE
HUMOR	RESEARCH	PASSION	TOLERANCE	ARTS



ALL DONE!



Thank you!

Thank you for following along and doing the workbook. Use these pages as a tool to focus your career search. This is just the beginning. If you need help understanding what your answers mean, feel free to contact me for help.

-Sam



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