My Career Discovery Playbook

Name: **Age:** **City:**

1A ■ What Problems Do I Enjoy Solving?

You've been solving problems your whole life — you just haven't called it that.

■ **Think about moments you felt energized, proud, or completely lost in what you were doing.**

When did time fly by because you were so into something? What were you actually doing?

What have you built, fixed, or figured out that made you feel proud?

What do people come to you for help with?

1B ■ What Am I Naturally Good At?

Natural strengths often show up outside the classroom — in sports, conversations, and everyday life.

■ **Key signal: If something feels easy or natural to you but seems hard for others — that's a strength worth noting.**

What do teachers, coaches, or friends say you're good at?

What comes easy to you that seems hard for others?

What have you been complimented on more than once?

1C ■ What Do I Actually Enjoy Learning?

Enjoyment and grades are not the same thing. What lights you up matters more than what you're best at.

■ The question isn't 'what are you good at in school?' — it's 'what makes you curious and keeps you engaged?'

What do you find yourself searching or researching just out of pure curiosity?

What subjects or topics kept you engaged even when they were hard?

What do you find yourself watching, reading, or talking about most?

■ AI Checkpoint 1

You've answered 9 questions about yourself. Before moving to Step 2, take a screenshot of pages 1 and 2, upload into Claude (claude.ai) or ChatGPT, and use the instruction below. Write down what it tells you — that becomes your Step 2 starting point.

Take a screenshot of pages 1 and 2, upload into Claude (claude.ai) or ChatGPT, then use this instruction:

"I've uploaded a screenshot of my career discovery worksheet. Based on my answers, what industries and companies should I be exploring? I am finishing high school and looking for career direction."

2 ■ Explore Industries & Companies

Based on what AI suggested — write down the industries and companies that stood out to you.

Industries that match my interests:

Companies I want to research:

3 ■ Find Real Jobs Inside Those Companies

Go to those companies' career pages or search LinkedIn Jobs — what roles are actually posted right now?

How to search: Google "[Company name] careers" — OR — open LinkedIn Jobs and search "[Job title] + [your city]"

Company	Job Title	What caught your attention?

4 ■ Find a Real Person Doing It

Find someone on LinkedIn already working in one of those roles. Study their blueprint.

No LinkedIn yet? Create a free account at linkedin.com — then search the EXACT job title from Step 3 + your city (e.g. "Community Manager Toronto")

Their name + LinkedIn URL:

Where did they go to school?

What was their first job?

What skills do they list?

What is their career progression? (e.g. Intern → Coordinator → Manager)

5 ■ Identify What You Need

Based on the blueprint you found — what skills, experience, and education do you need?

Skills to develop:

Experience to gain:

Education to pursue:

Based on everything above, the career direction I'm most excited to explore is:

6 ■ Choose Your Program

Use the final AI prompt below to help confirm your direction — then write your answer here.

The program / school I am considering:

■ Final Step: Use AI to Pull It All Together

Take a screenshot of all 3 pages, upload them into Claude or ChatGPT, then use the instruction below.
The more honest your answers, the better your output.

■ **How to screenshot: Mac: Cmd+Shift+4 | Windows: Win+Shift+S | Phone: Side button + Volume Up**

UPLOAD YOUR SCREENSHOTS AND USE THIS INSTRUCTION:

I have uploaded screenshots of my completed career discovery worksheet. Based on my answers, please suggest: (1) specific career directions that suit my interests and strengths, (2) industries and companies in my city I should research, (3) entry-level job titles to search for, (4) post-secondary programs that would prepare me for this path, and (5) the top 3 skills or experiences I should start building right now. Be specific and realistic for someone just finishing high school.

→ **claude.ai | chatgpt.com | or any AI tool you prefer**

■ **Tip: The more specific and honest your answers, the better your AI output will be.**
Don't rush it — your future self will thank you for taking this seriously.