

Career Reflection Questions

What do you really want?

Putting a little time aside to think about some of the questions from the list below can help you to take stock of who you are and what you want. Also what you don't want (which can be really useful when it comes to thinking about what sort of jobs to apply for)!

It is a good idea to make a note of any observations or realisations that come out of thinking about these questions as you may want to refer back to them at a later stage.

You may also want to talk through your thoughts or the outcomes of reflecting with a Career Adviser.

- If money wasn't a concern, what would I spend every day doing?
- Who am I?
- What motivates me?
- What are my values?
- What would I do if I knew I could not fail?
- What are my interests?
- What have I done in my life that I am especially proud of?
- What times do I feel the most/least alive, happy or energised?
- What kind of impact do I want to have?
- What are things (a language, a sport or anything else) I want to learn?
- What am I excited, happy, and enjoying most in your life *right now*?
- What is important to me?
- What is my dream job? Why?
- Who has influenced my ideas about my career options?
- What career paths can I cross off my list? Why?
- What do I "geek" over? What could I talk about for hours?
- What comes naturally to me?
- What are my favourite academic subjects, and why?
- What extracurricular activities do I enjoy? What have I learned about myself from participating in the activities?
- When do I feel most/least comfortable and at ease?
- What are the biggest lessons I've learned so far?
- How do I define success for me?
- When have I been most/least inspired or most motivated?