



# FINDING A CAREER YOU LOVE

SOUL PROMPTS TO  
BEGIN EXPLORING AND  
UNCOVERING WHAT  
YOU REALLY WANT

*By Compass Maven*



Hi there, friend!

I'm Carolyn, a certified life and career coach who helps go-getter women just like you navigate their 20s.

My clients come to me seeking clarity and help getting unstuck. They know they have big dreams for their lives and careers, but often don't know how to start achieving them or which one to follow first.

Your 20s can be such a confusing time, particularly when it comes to figuring out what the heck you want to do with your career. With so many options, where do you even begin?

That's what I'm here to help you with!

## A NOTE ON FINDING A CAREER YOU LOVE:

For some people, they've known since childhood what they wanted to be when they grew up. We all had that friend who just knew that she wanted to be a doctor since she was 5, haven't we? Yet, for others of us (myself included!), the road to finding a career you love isn't such a straight line. There are lots of twists and turns, and sometimes it feels like all you're figuring out is what you DON'T want to do. Am I right?

If you're in the latter camp, don't despair, my friend, because everything you're learning along that winding road is super helpful information for figuring out what you DO want to do! I promise!

I'm proof of that! After spending almost 6 years in a corporate sale career in 2 different cities and at 4 different companies, I finally found something I absolutely loved: coaching. It took a few jobs, a lot of tears in the bathroom stall at the office and several breakdowns to anyone who would listen (mainly my parents and friends), but I found the thing that I was passionate about and I truly believe that you can too!

This worksheet is designed to help you begin your journey of finding a career you love. Consider this your starting point. A prompt to get you thinking and digging deep for what makes your eyes light up and what is important to YOU. A place to just get it all out in the open and start uncovering.

The following exercise is a series of open-ended questions. Set aside some time in a quiet place (maybe light a candle if that's your thing) and just answer each question stream of consciousness style. There are no right or wrong answers. It's just about getting your thoughts out on paper and getting your mind working. Later you can go back and look at your answers and notice any connections or themes that may be there.

So write on, my friend!



How do you want to feel at work every day?

What are your strengths/skills? What are you awesome at?

What work experiences (internship, job, volunteer, etc.) have you had so far that you have really enjoyed?

What work experiences (internship, job, volunteer, etc.) have you had so far that you never want to do again in a million years?

What makes your eyes light up?

What is most important to you in life?

If you closed your eyes and imagined yourself 1 year from now, where would you be? What would you be doing?

3 years from now?

5 years from now?

Play free word association with the word "passion". 1, 2, 3, GO!

# CONGRATS! YOU FINISHED!

Now, take a few minutes to read through your answers. Do you notice any themes? Does anything jump out at you? What did you uncover? What came up for you?

I hope this worksheet got your mind thinking! If you want to explore your answers further or really dive deep into finding a career you love, please email me at [carolyn@compassmaven.com](mailto:carolyn@compassmaven.com) to set up a FREE 30 minute discovery coaching call. I'd love to hear from you!

Be well,

Carolyn

P.S. Let's stay friends! You can connect with me at the following places:



@compassmaven

AND at [www.compassmaven.com](http://www.compassmaven.com)



*Compass  
Maven*