

*“What am I supposed to
do with my life?”*

Draw a local intersection that you know well. Include every business, restaurant, and building you can think of. (Don't worry, you aren't being graded for artistic ability!)

Draw another intersection. This time, instead of including buildings, jot down every strength, skill, ability, and all of the God-given life experiences you can think of. There is no wrong answer or order you need to place them in. The more you jot down, the better!

“What am I supposed to do with my life?”

- 1. Reflect:** Go to a coffee shop or your favorite spot where you can reflect and process. Set aside at least an hour to do this.
- 2. Identify:** Write down every job, or experience you’ve ever had. (leadership positions, sports, music, activities, mission trips, etc.)
- 3. Drill Down:** Next to each role write down what it was about those jobs/roles that you really enjoyed or that made you feel really good about yourself. Really push yourself to thoroughly reflect.
- 4. Look for Themes:** Are there three or four themes that keep popping up? If you don’t see them at first, keep looking.
- 5. Brainstorm:** Take some time to brainstorm by yourself. What types of jobs or career industries can you identify that touch those three or four themes you’ve noticed above? (These themes may be skills you utilized, tasks you had, or certain aspects of the environment you thrived in.)
- 6. Process it:** After you’ve spent time brainstorming, I want you to go process it with a few different folks. I would recommend your parents, a trusted faculty/staff member (or a mentor of some sort), and your 2-3 best friends. Ask them what they picture you doing or what other strengths they see in you that you may not have identified.

God has uniquely wired and gifted you. He has also already given you tons of experiences that have highlighted and strengthened those unique talents. Consider those two things (your strengths and your experiences) and see how you can pick a career based on them. But above all, just pick something. Anything. Your career isn't the end-all-be-all. Don't try to find all of life's fulfillment in your job. Pick something that you think you'll enjoy and that you are decently good at. If you try it out for a few years and decide you want to do something different, then you can do something different!