# UNDERSTANDING YOURSELF AND CHARTING YOUR DIRECTION

# CHECKLIST - ARE YOU READY?

Here is a Checklist you can use to see how you have raised your self awareness and explored what types of job and careers might suit you best.

If you are unsure, you can review the My Values Map and Career Explorer Worksheet in this module, and continue asking questions and researching.

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|  | I have looked at some indigenous role-models to understand how they have found work that suits them best |
|  | I have explored my personal values so that I know what sort of work will be most suitable for me |
|  | I have talked to different people about what it is like to work in different jobs, organisations and industries |
|  | I have spent some time thinking about the sort of work that I like to do |
|  | For the jobs I am interested in, I understand what activities I would need to do |
|  | I have considered the challenges and frustrations as well as the rewards of different jobs |
|  | I know how different jobs can impact my lifestyle and will choose a job that has the lifestyle factors that I need |
|  | I know what I need to learn and experience to get the job I want |
|  | I am committed to always learning even once I have gained a job |