Time: 20 minutes

Materials: Printed copies of attached sheet, pen/pencil

1. Start with step one, circle the foundations that you best relate to. Narrow it down to your top concept before moving on.
2. In step two, circle the items you are interested in. Narrow it down to your top two interests.
3. In step three, fill in the circles reflecting your foundation and two interests.
4. In groups, discuss the following:
   a. What foundations did I choose? What could this say about my purpose?
   b. Looking at the venn diagram, where can I see an intersection of my foundation and interests in the world of work? What jobs exist that may touch on all three of these things? Are those jobs I might be interested in pursuing?
   c. What were the other foundations I circled? How could these fit into the venn diagram?
Step One (Foundations)

**WHAT LIGHTS YOU UP AT YOUR CORE?**

It doesn’t matter what I’m doing as long as I’m . . . (Circle one)

<table>
<thead>
<tr>
<th>Accomplishing Goals</th>
<th>Being Creative</th>
<th>Being Physically Active</th>
<th>Building Things</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communicating/Sharing Stories</td>
<td>Helping People</td>
<td>Learning/Challenging Myself</td>
<td>Problem-Solving</td>
</tr>
<tr>
<td>Teaching/Mentoring</td>
<td>Upholding a Cause I Believe In</td>
<td>Working Independently</td>
<td>Working With Others</td>
</tr>
</tbody>
</table>
WHAT INTERESTS YOU THE MOST?
I lose track of time when I’m learning about . . . (Circle two)

- Acting & Theatre
- Action Sports
- Armed Services
- Art
- Business
- Design
- Education
- Engineering
- Entrepreneurship
- Environment & Nature
- Fashion
- Film
- Food
- Government
- Journalism
- Law
- Medicine
- Music
- Non-Profit Organizations
- Numbers
- Philosophy & Religion
- Politics
- Psychology/Sociology
- Radio
- Science
- Sports
- Social Justice
- Technology
- Television
- Travel
- Writing
Step Three (Venn Diagram)