

FINDING PROFESSIONAL PURPOSE

WORKBOOK



Powered by Talent & Careers

ABOUT THIS WORKBOOK



This workbook is your personal guide on the journey to discovering and designing a career path that aligns with your values, skills, and aspirations.

Throughout this process, you'll engage in thought-provoking exercises and iterations, capturing insights that emerge along the way.

Use these pages to document your reflections, track your progress, and brainstorm possibilities as you move closer to defining your unique professional purpose.

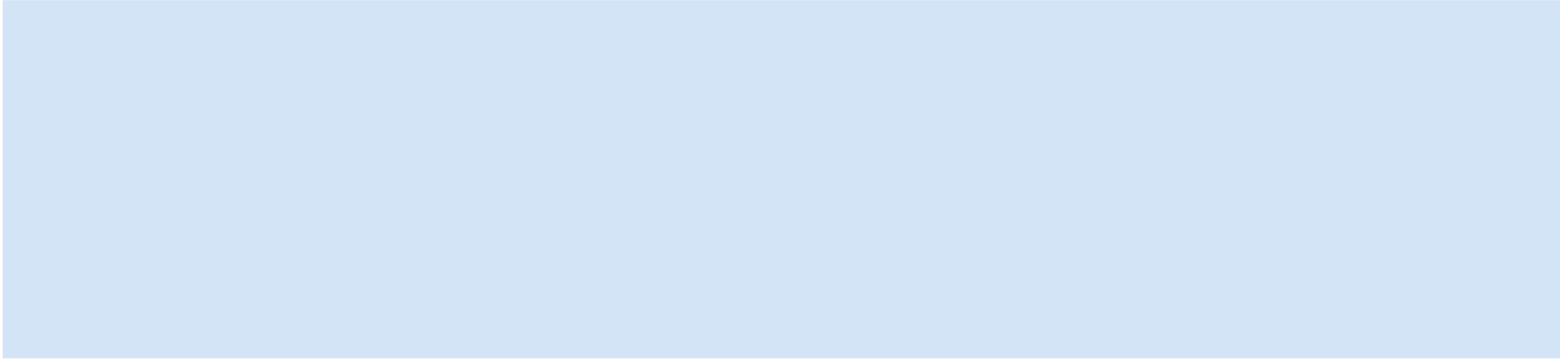
Think of it as both a toolkit and a journal—a space to explore, refine, and shape the vision of your future career.

This workbook is designed to be completed with guidance. Please watch the accompanying webinar for instructions before starting the exercises

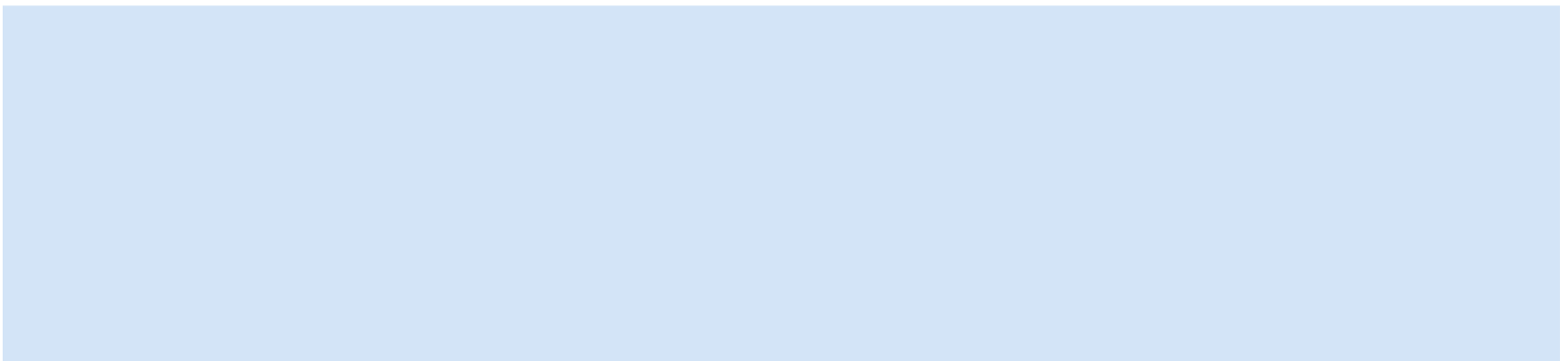
EXERCISE 1: "YOUR LIFE VIEW AND WORK VIEW"

*This exercise is part of Webinar's Chapter 2

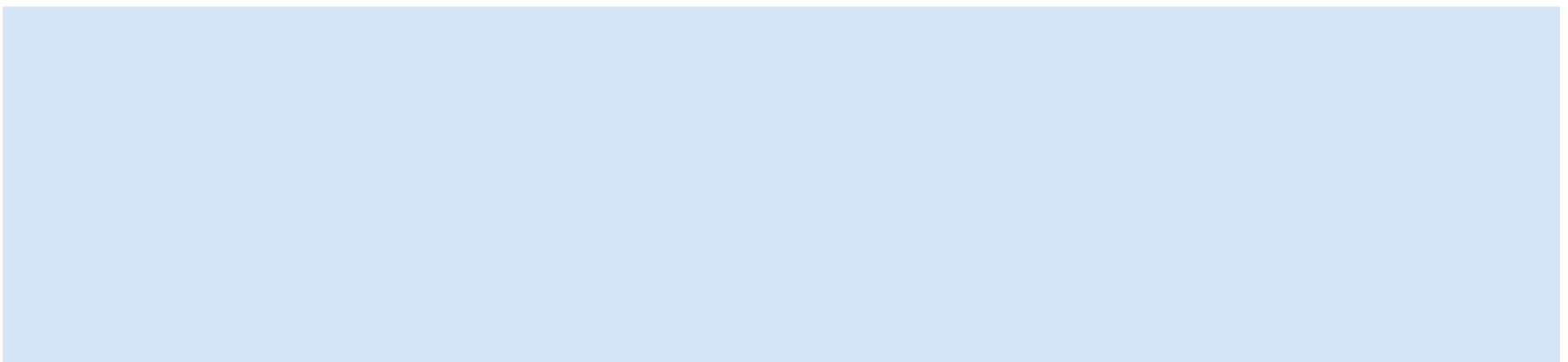
1. What matters most to you?



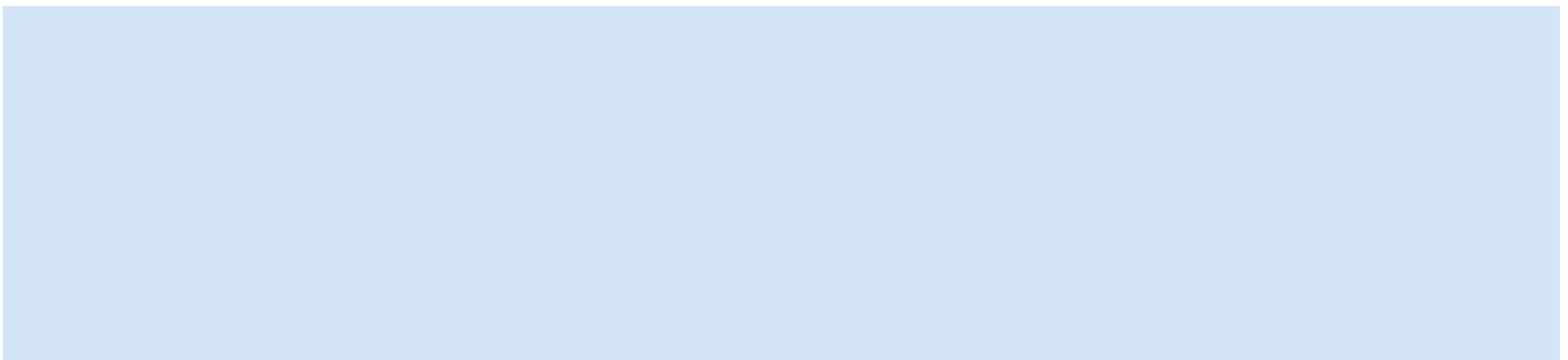
2. What do you prioritize in your day-to-day life?



3. How do you envision your life immediately after graduation?



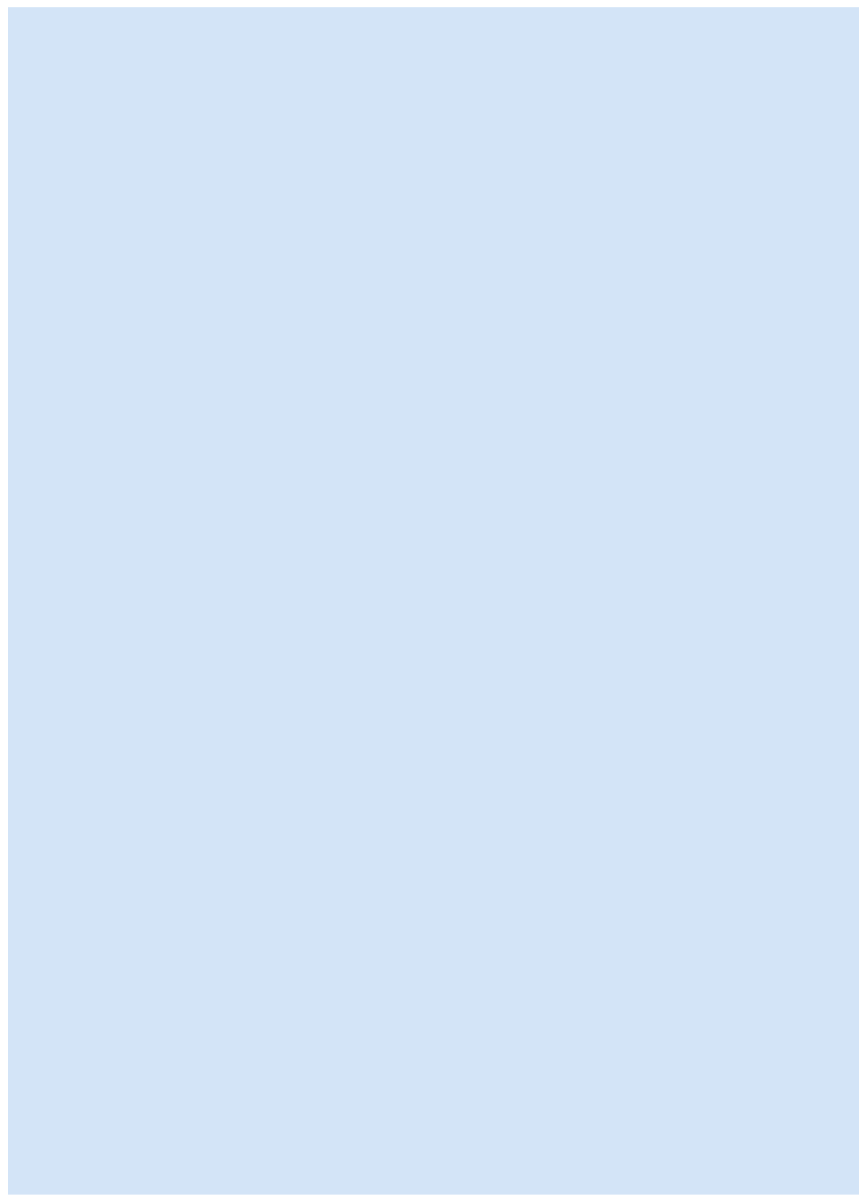
4. And ten years from now?



ENERGY MAP

5. Energy-engagement Map Worksheet

A. List your top energy giving or draining regular activities/engagements. Rank each item based on its positive (+) or negative (-) energy effect.



A large light blue rectangular area on the left side of the page, intended for listing activities and their energy effects.

MOST ENERGY GIVING (+)

↑

1. _____

2. _____

3. _____

4. _____

5. _____

5. _____

4. _____

3. _____

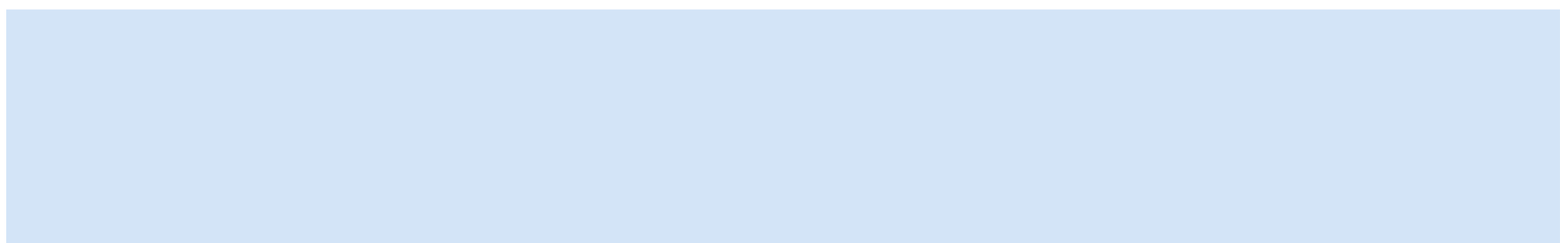
2. _____

1. _____

↓

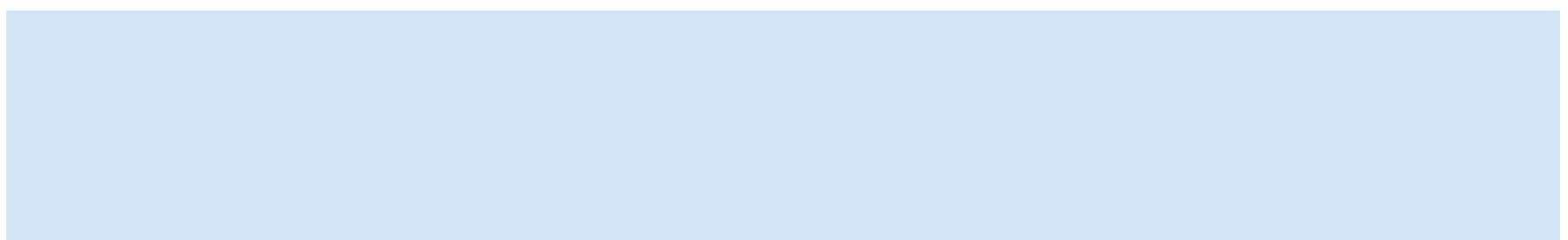
MOST ENERGY DRAINING (-)

B. What do you notice about your energy patterns?



A large light blue rectangular area for writing the response to question B.

C. What relatively accessible changes can you make to improve your energy flows?



A large light blue rectangular area for writing the response to question C.

EXERCISE 2: “HARVARD VALUES TEST”

*This exercise is part of Webinar's Chapter 3

Link: https://harvard.az1.qualtrics.com/jfe/form/SV_e35whN7tkXtvIHv

Please write in the box your four most important values and your four least important ones.

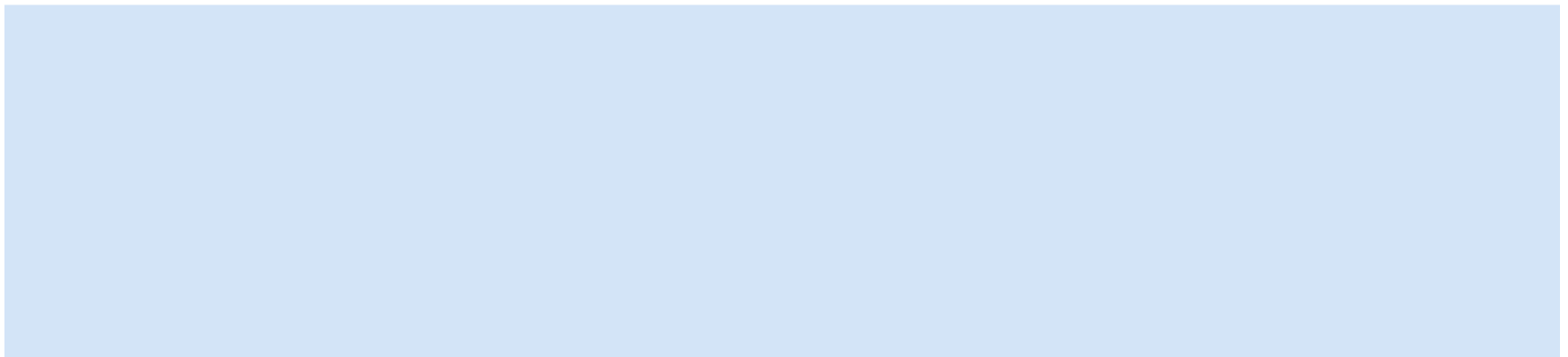


EXERCISE 3: “VIA CHARACTER STRENGTHS PROFILE”

*This exercise is part of Webinar's Chapter 3

Link: <https://www.viacharacter.org/survey/account/register>

After taking the test, you will receive a list of 24 values. Read through all of them, and finally, write your top 10 in the box—these are your highlights.

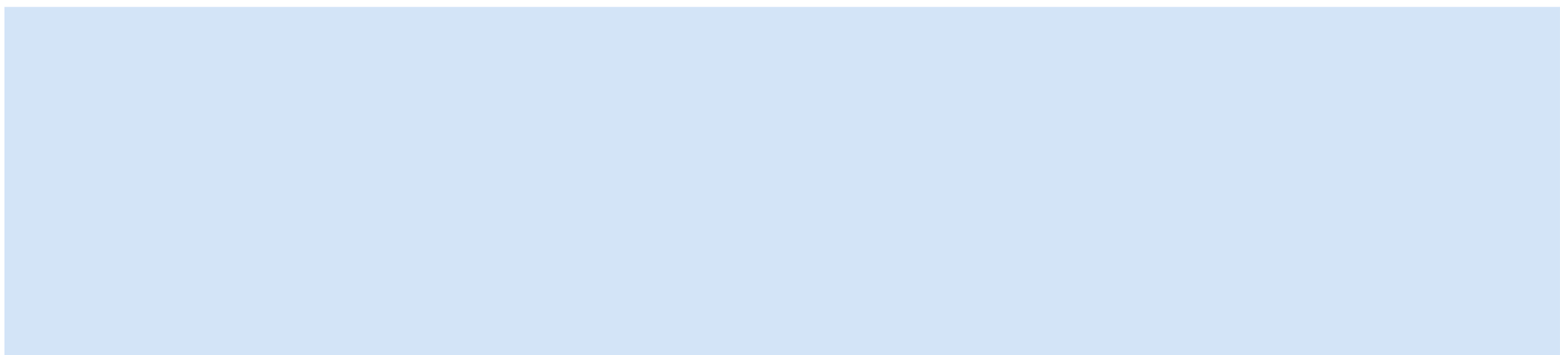


**To take the free test, you need to register*

EXERCISE 4: “WHAT DO THE PEOPLE IN YOUR NETWORK THINK ABOUT YOU?”

*This exercise is part of Webinar's Chapter 3

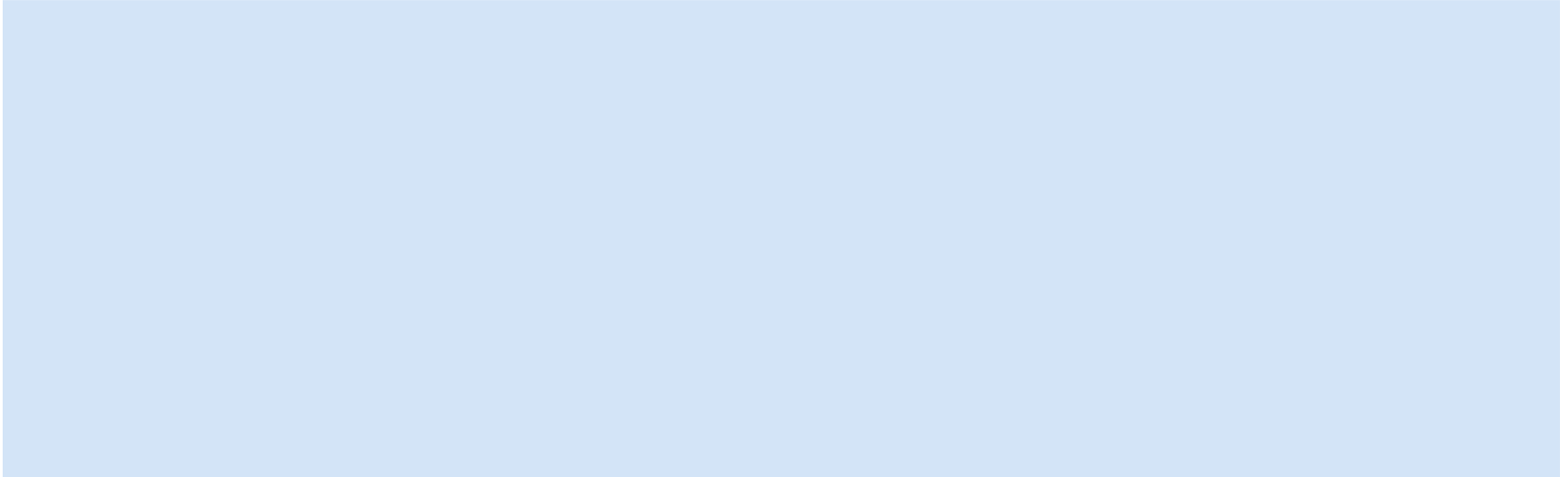
Ask people in your network what they think your strengths /attributes are.



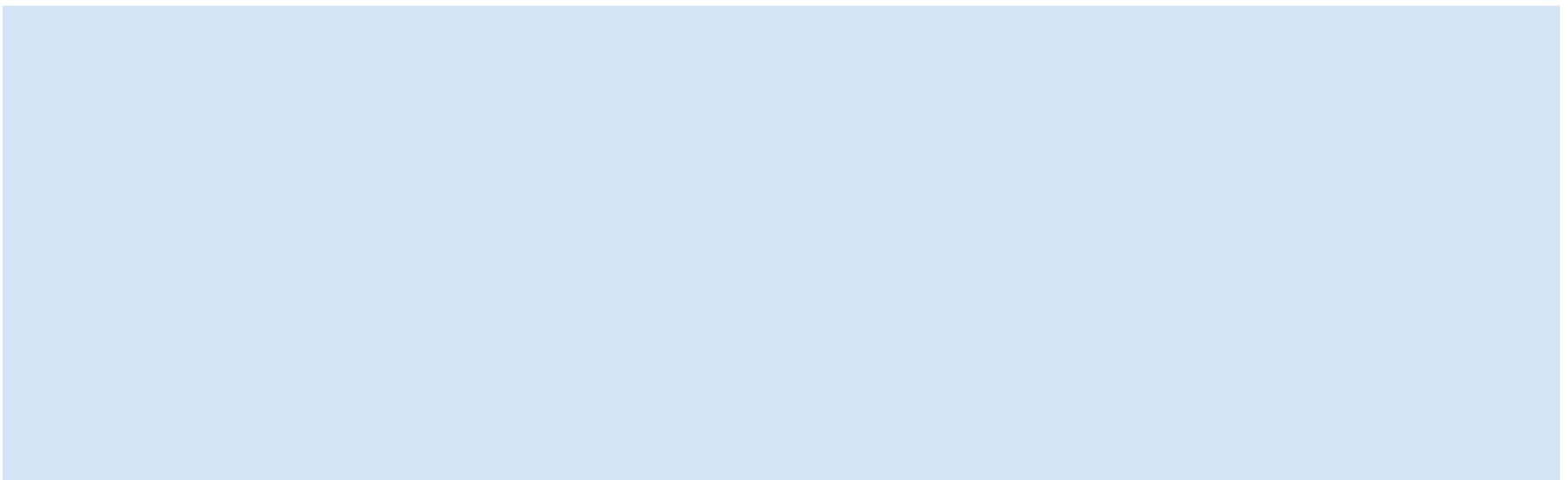
EXERCISE 5: “CURIOSITY”

*This exercise is part of Webinar's Chapter 4

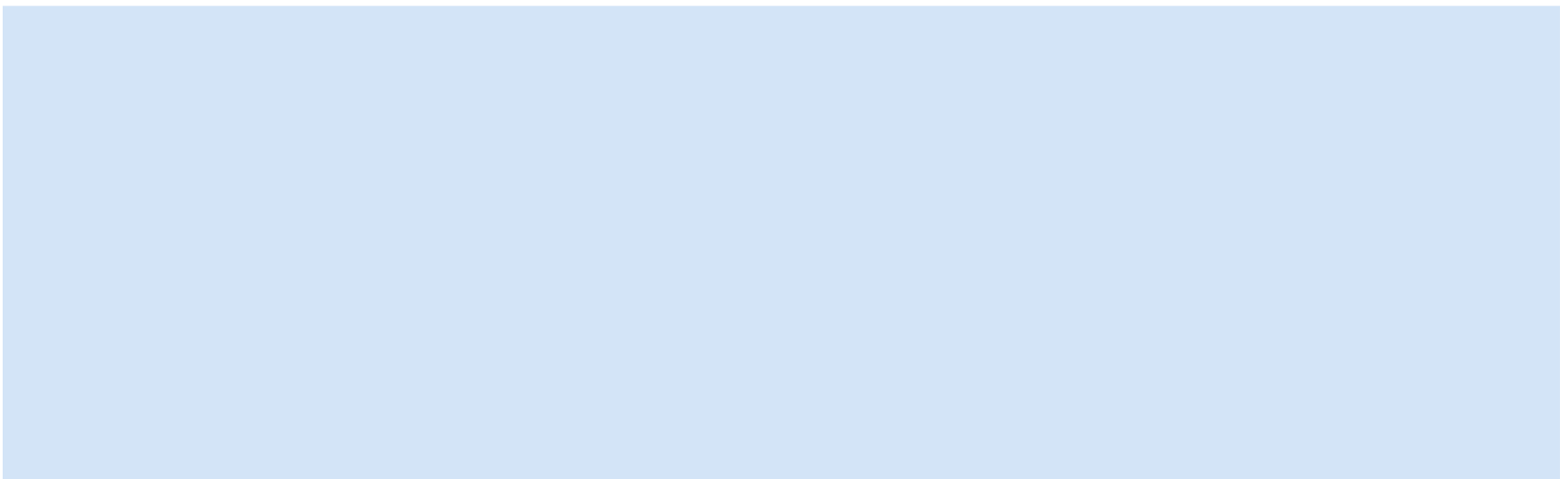
1. What am I passionate about?



2. What motivates me?



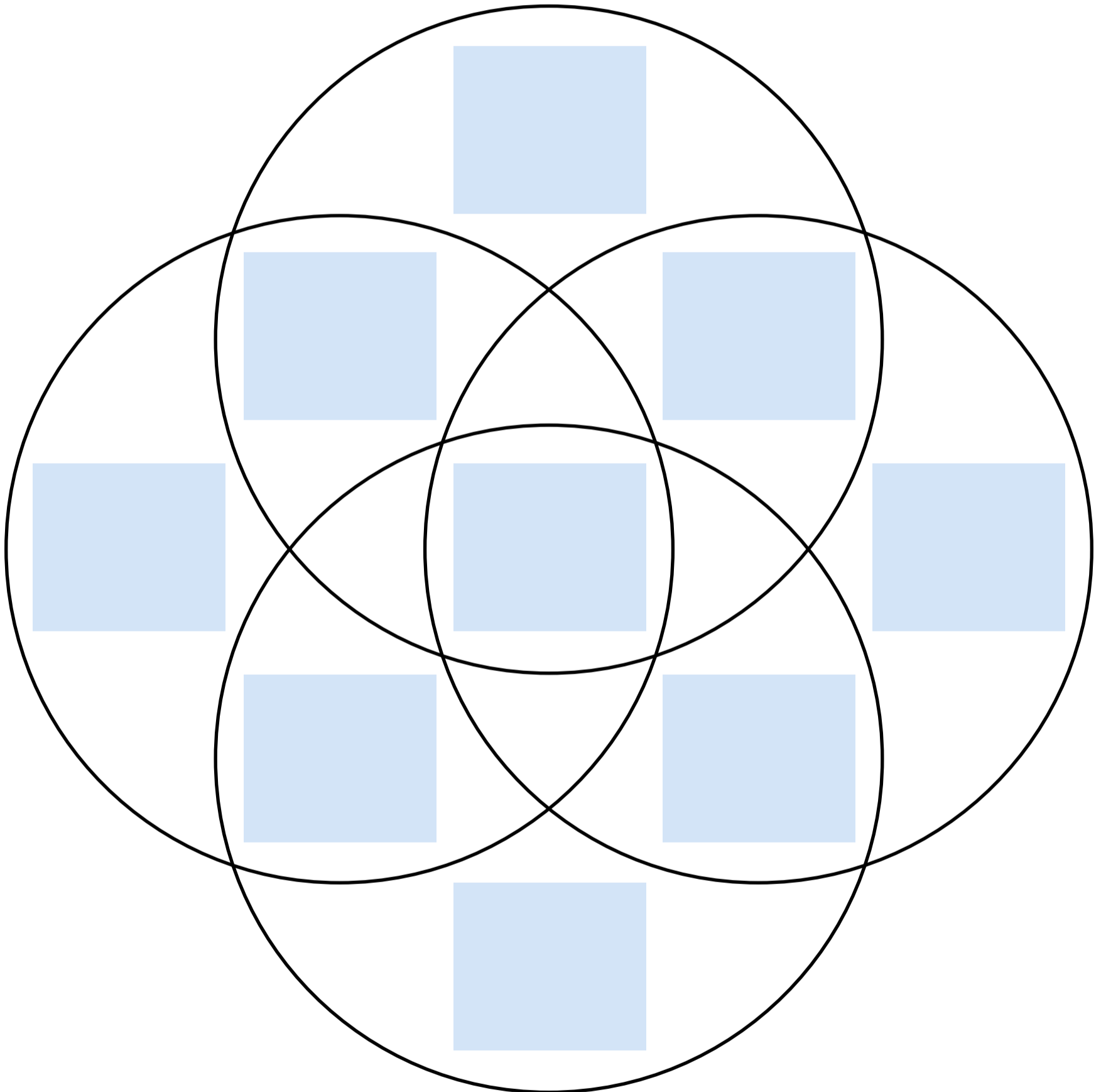
3. What activities do I genuinely enjoy?



IKIGAI TEST

Link: <https://ikigaitest.com/es/>

When you have finished the IKIGAI test, transcribe your answers from the test into the workbook.



EXERCISE 6: “PERSONAL CANVAS”

*This exercise is part of Webinar's Chapter 4

MY STRENGTHS	MY WEAKNESSES & GAPS	MY PERSONALITY TRAITS	MY KEYWORDS
MY PASSION / HOBBIES / CURIOSITIES		MY NO'S	

EXERCISE 7: “CAREER FINDINGS”

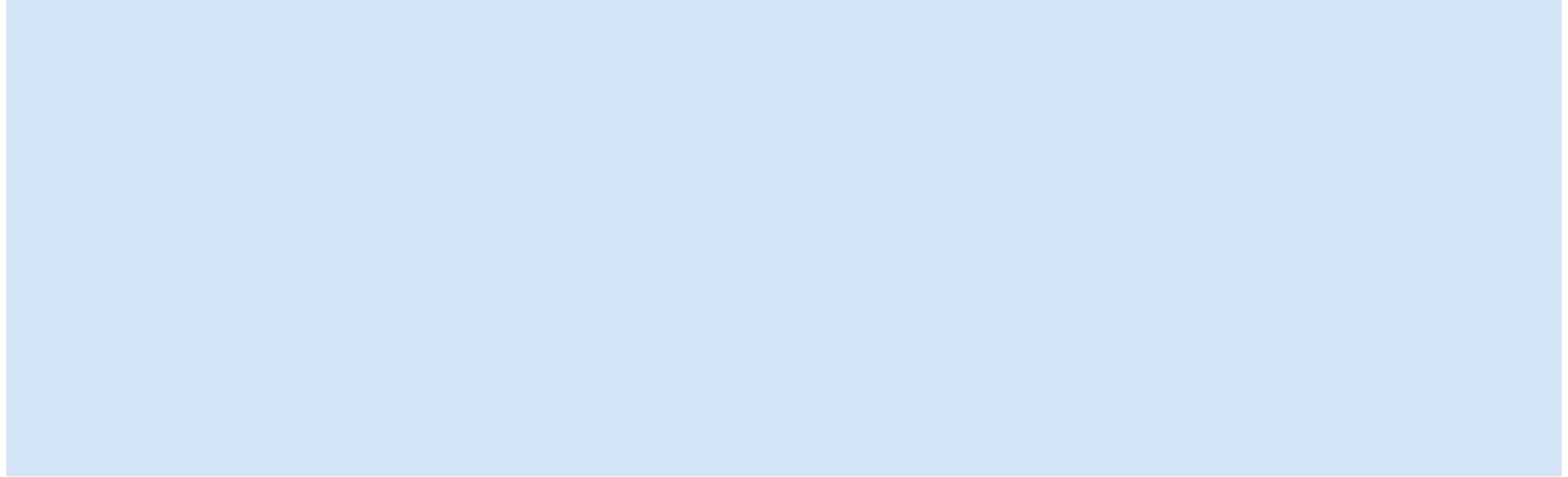
*This exercise is part of Webinar's Chapter 5

Review the following links and write your findings:

- [Career paths for your bachelor](#)
- [Main roles in today's job market](#)
- [Professional guides](#)

EXERCISE 8: “LIST OF FIVE PEOPLE TO CONNECT”

*This exercise is part of Webinar's Chapter 5

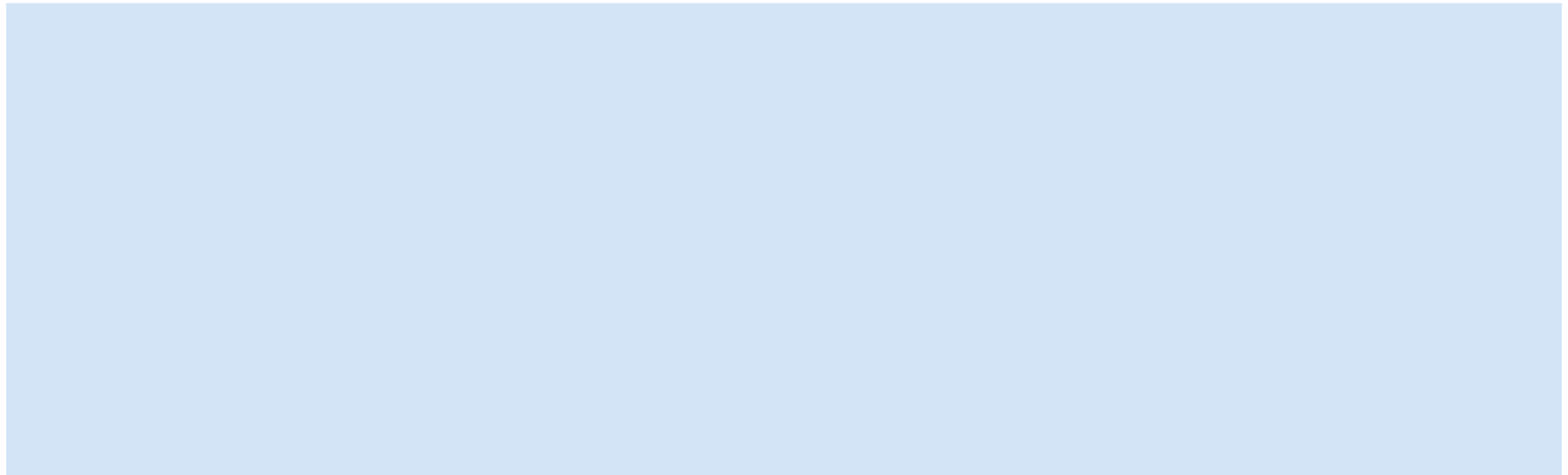


EXERCISE 9: NEXT STEPS – “TAKING ACTION”

*This exercise is part of Webinar's Chapter 5

How will you test what you’ve discovered today? Make a commitment to yourself regarding your next steps. Don’t forget to review our **recent newsletters**, also delivered to your inbox.

- Professional opportunities for 1st, 2nd & 3rd Year Dual students
- Professional opportunities for Penultimate & Last Year students.



AND... CONGRATULATIONS!



You've taken an important step toward finding your professional purpose, exploring your values, strengths, and aspirations.

This workbook now holds the reflections and insights that will serve as a foundation for designing your career. Remember, this journey doesn't end here—it's an ongoing process of growth, exploration, and reinvention.

If you'd like further support or guidance, don't hesitate to reach out to the Talent & Careers team. We're here to help you navigate the next steps and provide resources to empower your career journey. Your future is full of possibilities—keep exploring, stay curious, and trust the path you're creating.

NEED MORE HELP WITH CAREER-RELATED TOPICS?

Visit our [website](#) for all supporting materials and be sure to register for our upcoming weekly workshops!

CONTACT US

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