

Name

Date



Discovering Your Interests

Purpose

This exercise helps you identify topics, issues, and areas of curiosity that interest you. The goal is to surface themes that can point toward potential industries, fields, or purpose-driven organizations where you could apply your skills—now or in the future.

You are not choosing a job or major here. You are noticing what repeatedly captures your attention and motivation. Patterns matter more than individual answers.

Write freely and honestly.

Reflection Questions

1. Teaching & Knowledge Sharing

If you could teach a course, workshop, or seminar on any topic (at any level), what subjects would you want to teach?

2. Investment & Impact

If you had significant financial resources to invest, what types of industries, businesses, or social initiatives would you support—and why?

3. Storytelling & Awareness

If you were producing a documentary, podcast, or video series, what subjects or issues would you want to explore or bring attention to?

4. Writing & Expression

If writing were part of your work or studies, what topics would you most enjoy writing about or researching?

5. Business & Innovation

If you were to start or help grow a business, nonprofit, or initiative, what kind of problem would it address? What space or industry would it operate in?

6. Issues & Purpose

What local, societal, or global problems genuinely concern or interest you? Which ones do you find yourself wanting to understand, discuss, or help solve?

7. Learning Interests

If you received a scholarship to study anything without worrying about practicality or cost, what subjects would you choose—and what draws you to them?

8. Advising & Consulting

If others sought your perspective or advice, what topics or subject areas would you feel interested in helping them think through?

9. Exploration & Professional Curiosity

Imagine attending conferences, meetups, or professional events. What themes or industries would excite you enough to show up, listen, and engage?

10. Environments & Exposure

If you could 'shadow' people at work for a while, what kinds of places or work would you be curious to observe?

Integration

Step 1: Trend Analysis: Review your answers and look for topics or issues that appear multiple times including industries, fields or types of organizations. Use the results to explore careers within these sectors.

Step 2: Use AI to Generate Potential Career Fields, Industries, and Mission-Focused Organizations

Upload this Interests document using the paperclip or "Upload file" option, paste the prompt below into ChatGPT or your preferred AI tool. Submit both together.

Prompt: *Review this Interests document and identify key themes and patterns. Based on those patterns, suggest possible career fields, industries, or purpose-driven organizations to explore, with a brief explanation for each.*