



# WHEN I GROW UP

what do you want to be when you grow up?

Michelle Ward | Creative Career Coach

## PEANUT BUTTER JELLY TIME

*\*\*WARNING/NOTE/DISCLAIMER: This exercise is absolutely worthless without completing Skills To Pay The Bills & It's Cool first. If you haven't yet done those exercises, then print out this PBJ sandwich & save it for later. It won't get too soggy for at least another day or two. Then, when you've done the other exercises, come on back & enjoy the extra crunchiness (as smooth peanut butter is just pointless).\*\**

I know that at first glance the name of this tool makes no sense, but it will once you discover that we're taking your Skills and your Interests and mashing them together. Not sure which is the peanut butter & which is the jelly, but you get the point.

Now take out your completed copy of It's Cool, and write your **Top Interests** here:






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Now take out The Skills That Pay The Bills, & copy what's written in the corresponding boxes into the chart below:

	I'M AWESOME	I'M OK	I SUCK
THIS IS FREAKIN' AWESOME			
THIS IS COOL			



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Now let's combine your skills with your interests to discover possible occupations, shall we? Don't worry right now if this is the "right fit" for you or if it holds true to your work values— just write down everything that goes together and sounds like it might be right, even if it's Monkey Pooper Scooper\*.

Here are 3 examples of what we're going for:

SKILL/ INTEREST	SKILL/ INTEREST	SKILL/ INTEREST	CAREER POSSIBILITY
Animals	Training		Animal trainer
Sewing	Teaching		Teaching sewing classes
Improv	Performing	Children	Performing improv shows for kids

Yeah, I know that looks duh-inducing, but some lists are super hard. If you're stuck, feel free to utilize these sites that contain information on specific occupations & industries:

- O\*NET: <http://online.onetcenter.org/>
- US Dept of Labor: <http://www.bls.gov/oco/home.htm>
- Career Guide to Industries: <http://www.bls.gov/oco/cg/home.htm>
- US Department of Labor: <http://www.bls.gov/>
- America's Career InfoNet: <http://acinet.org/>
- Wet Feet: <http://wetfeet.com/>
- Vault: <http://www.vault.com>

What also works well is passing this exercise along to someone who can expand your list just by providing another set of eyes. Once you think you're done, email it to a friend/family member/someone who's smart and see what they can come up with!

Ready? There are 2 pages of possibilities coming right up. Have fun!



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Look at all of those possibilities! I hope you're not too overwhelmed. Honestly though, I'm sure that some of 'em can be kicked to the curb pretty quickly, while the others deserve just a bit more research. What's your brain saying? What's your gut saying? What's your heart saying? Listen to what's going on so you can take a big, fat, strong, bold, purposeful next step.

Having trouble making heads or tails of this? Not sure where to go next, or how this fits into your puzzle? Well then, contact me for a free consultation call & see if I can help – my info is at the bottom of each of these pages. I'll even burp on cue or sing you a song if you'd like. Promise it'll be fun.

\*Please don't worry, you will not become a Monkey Pooper Scooper. Unless you love scooping monkey poop.

Best,

*Michelle Ward*  
The When I Grow Up Coach

*Exercise adapted from the Fields of Interest exercise by Fern Gorin & The Life Purpose Institute*



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