

## **Career Reflection Worksheet: Tasks & Responsibilities**

Think about the jobs you've held (paid and unpaid) that you've held and complete the chart below.

	<b>Which Tasks and/or Responsibilities Do You...</b>
<b>Love Doing?</b>	
<b>Like Doing?</b>	
<b>Dislike Doing?</b>	
<b>Hate Doing?</b>	

What patterns do you see?

Which talents, skills and knowledge are needed for the tasks you love or like doing?

What tasks/responsibilities would you like but haven't had the opportunity to do yet?

What do you want to explore further?