

Know Yourself Before You Choose

The Personal Readiness Scan

5 steps. A pen. About 30 minutes. You'll discover what you're actually good at, how you work best, what matters most to you, and which career sectors actually fit who you are.

Name: _____ Date: _____ Revisit date (6 months): _____

BEFORE YOU START

Write by hand. Seriously. Writing forces slower, more careful thinking than typing. That's the point. You're training the thinking muscles that AI can't replace.

Be honest, not impressive. This only works if you tell it the truth about yourself. Nobody else has to see this.

When you're done, use the Sector Matching Grid (Step 6) to find your top Career Worlds. Then run the Sector Analysis Scan on those sectors to see if the opportunity is real.

1

What are you actually good at?

Not what your grades say. What people actually come to YOU for.

What do people ask you for help with?

Not what you volunteer for. What others seek you out for. The gap between those two is where the real insight lives.

Where do you learn faster than everyone else?

What subject or skill clicks for you way quicker than it does for other people?

When does time disappear?

Which activities absorb you so completely that you look up and an hour has passed? Not scrolling. Real work.

My strengths pattern (what connects the three answers above):

2

How do you work best?

Slide toward the description that sounds more like you. Mark an X on each line.

Processing speed

I think it through carefully first ○ — ○ — ○ — ○ — ○ I figure it out by doing

Structure

Give me freedom to figure it out ○ — ○ — ○ — ○ — ○ Give me a clear framework

Social style

I do my best work solo ○ — ○ — ○ — ○ — ○ I do my best work with people

Change tolerance

I like going deep on one thing ○ — ○ — ○ — ○ — ○ I like variety and new challenges

Describe the last time you did your BEST work (what were the conditions?):

Describe the last time you felt most FRUSTRATED (what made it bad?):

3

What matters most to you?

Rate each value from 1 (not that important) to 5 (non-negotiable). Circle the number. Be honest — write what you actually care about, not what sounds good.

Making a difference Your work visibly helps real people or solves real problems	1 ○	2 ○	3 ○	4 ○	5 ○
Great people around you You work with people you respect in a supportive environment	1 ○	2 ○	3 ○	4 ○	5 ○
Having a life outside work Work doesn't consume everything else that matters to you	1 ○	2 ○	3 ○	4 ○	5 ○
Always learning & growing You're constantly challenged and building deeper expertise	1 ○	2 ○	3 ○	4 ○	5 ○
Freedom to do it your way	1	2	3	4	5

You control how, when, and where you work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Financial security Stable income that removes money stress	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>

My top three (ranked): 1. _____ 2. _____ 3. _____

Describe a time one of your top values was violated. How did it feel?

4 **What fuels you vs. what drains you?**
You can be excellent at something that drains you. This step finds the difference. Circle one for each type of work.

Working with people Helping, teaching, collaborating, talking through problems	<input type="radio"/> ⚡ Energizes me	<input type="radio"/> 😞 Drains me
Analyzing & solving Digging into data, finding patterns, figuring things out	<input type="radio"/> ⚡ Energizes me	<input type="radio"/> 😞 Drains me
Hands-on work Building, fixing, being outdoors, seeing tangible results	<input type="radio"/> ⚡ Energizes me	<input type="radio"/> 😞 Drains me
Creating & designing Making something new, writing, designing, innovating	<input type="radio"/> ⚡ Energizes me	<input type="radio"/> 😞 Drains me
Organizing systems Making things run smoothly, optimizing processes, logistics	<input type="radio"/> ⚡ Energizes me	<input type="radio"/> 😞 Drains me

Key insight: Am I planning a career around what gives me energy, or just what I'm competent at?

5 **Your AI-proof skills**
AI handles the routine stuff. These 5 skills are what make you irreplaceable. Rate yourself 1 (just starting) to 5 (my superpower). Circle the number.

Making calls without all the info Deciding when the data is messy, incomplete, or contradictory	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading the room & the situation Understanding what's really going on, not just what's on the surface	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Knowing right from correct Spotting when the technically right move is the wrong thing to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Building trust with people Earning trust, reading people, making teams actually work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Asking the right question first

Defining the real problem before jumping to solutions



My strongest skill: _____ My weakest: _____

One thing I'll do this month to build my weakest skill:

How I use AI right now (circle one):

MOSTLY AS A SHORTCUT | **MOSTLY TO CHALLENGE MY THINKING** | **BOTH** | **NOT SURE**

If you answered shortcut: what would change if you wrote your own thinking first and used AI to poke holes in it?

6

Which Career Worlds match you?

Using everything from Steps 1-5, score each sector 1-5 based on how well it fits your profile. Focus on the ones that resonate.

#	CAREER WORLD	GROWTH SIGNAL	YOUR FIT SCORE
1	Healthcare & Social Assistance Help people heal and thrive	+8.4%, +2M jobs	Fit score: __ / 5 Why: _____
2	Professional & Business Services Solve complex problems	+7.5%, +813K jobs	Fit score: __ / 5 Why: _____
3	Technology & AI Build the tools that power everything	+6.5%, entry-level down 67%	Fit score: __ / 5 Why: _____
4	Clean Energy & Environment Build what comes after fossil fuels	Fastest-growing industries	Fit score: __ / 5 Why: _____
5	Construction & Infrastructure Build the physical world	+4.4%, 500K worker shortage	Fit score: __ / 5 Why: _____
6	Finance & Insurance Make money work smarter	+3.4%, +226K jobs	Fit score: __ / 5 Why: _____
7	Transportation & Logistics Move everything from here to there	+3.0%, +199K jobs	Fit score: __ / 5 Why: _____
8	Manufacturing & Advanced Production Make things that matter	Flat overall, advanced mfg growing	Fit score: __ / 5 Why: _____
9	Education & Training Help people learn and grow	+0.1%, retraining surging	Fit score: __ / 5 Why: _____
10	Defense & National Security Protect what matters	Cybersecurity surging	Fit score: __ / 5 Why: _____

My top 3 Career Worlds (highest fit scores):

1. _____ Why it fits: _____

2. _____ Why it fits: _____

3. _____ Why it fits: _____

WHAT'S NEXT

Run the **Sector Analysis Scan** on your top match to check if the opportunity is structurally durable. Free worksheet at pathfinderfuture.io.

Take the **Pathfinder Assessment** at pathfinderfuture.io to compare digital results to this scan. Where they agree, strong signal.

Explore **Career World Reports** for the full analysis on any sector. Available at pathfinderfuture.io.

Book a **guided Future-Proofing session** if you want personalized help with both scans.

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