Taking time to understand what motivates and inspires you, and coming back to this now and then, helps you create a flexible and tailored career development plan, manage your expectations, define reasonable goals and action steps, navigate unexpected twists and turns, and make the most of unexpected opportunities.

The questions below are prompts to help you in this process. Spend some time on this, reflecting on each question. For some, an answer may come immediately to mind, while others may seem more difficult to answer. Don’t worry too much if you can’t answer them all right away. Some answers may never change throughout your entire career. Others may change as you grow, develop, and learn new things. The insights you gain through this reflection will help you approach the entire process with greater self-awareness. Come back to these questions periodically. The insights you gain will help you stay on target and adjust course as necessary.

If you think it would be useful, make an appointment to speak with your career advisor about your answers to all or some of these questions. Bouncing your ideas and insights off someone else can be a useful part of the process.

**You as a learner and doer**

* What led to your choice of academic focus area/s at CEU?
* What are you hoping to gain from your CEU experience?
* List your 5 favorite classes and/or teachers. Think back as far as you like in your career as a student. What made them so great? How do/did they excite or challenge you?
* What topics and ideas get you super excited or even “obsessed”?

**Energy and flow**

* What is your favorite kind of project or assignment?
* What sort of thing can you do for hours without it even feeling like work?
* What do you like to do for fun? How do you spend your free time?
* What activities make you feel happiest and/or most energized?
* What personal qualities do you view as your strengths?
* When other people turn to you for help, what kinds of questions / problems do they bring to you?

**Inspiration and fulfilment**

* Who do you look up? What about their work / life/ approach / impact on the world inspires you?
* What news stories and current affairs issues most capture your attention?
* What career paths do you know for certain you do not want to pursue?
* How do you define success?
* If you were guaranteed success, what would you do with your life?
* If you had a magic wand and could do whatever you wanted for a year, what would it be?
* If you had time to volunteer on a regular basis, what organization, cause, or population would you serve?
* What global, national, and/or local issues most interest you?

**Roots and dreams**

* What did you dream of becoming when you were younger?
* What have you done in your life that you are especially proud of?
* What kind of impact would you like to have on the world?
* What do you find most exciting, enjoyable, and/or fulfilling in your life *right now*?