

DISCOVERING WHAT CATCHES YOUR ATTENTION

Career exploration starts with understanding your interests.

This exercise will help you visualize your interests, identify patterns, and discover ideas that may inspire future career possibilities.

DIRECTIONS

Starting with the "**My Interests**" circle in the center of the page:

1. Draw **4–7 branches** from the center and label each with a broad interest area. Examples:
 - Music, Sports, Fitness, Technology, Helping People, Outdoors, Art, Travel, Entrepreneurship
2. From each interest area, draw **3–5 additional branches** and list specific activities, experiences, topics, or hobbies connected to that interest. Examples:
 - Fitness → Weightlifting, Running, Nutrition, Group Fitness, Sports Performance
 - Music → Performing, Producing, Songwriting, Concerts, Teaching
3. Continue expanding your map with anything that comes to mind.
4. Spend **5 minutes** creating the largest mind map you can.

THE RULES

- Stay curious.
- Have fun.
- Write whatever comes to mind.
- Don't overthink it.
- There are no wrong answers.
- Focus on quantity, not perfection.

The goal is to capture as many interests and connections as possible.

IDENTIFY YOUR TOP INTERESTS

Review your completed mind map and circle or star the three interests that you are most curious about, energized by, or excited to explore further.

These interests do not need to be practical or career related. Simply choose the areas that capture your attention and make you want to learn more.

REFLECTION

After completing your mind map, take a few minutes to reflect.

1. What patterns or themes do you notice?
2. Which interests did you circle or star, and why?
3. What surprised you about your mind map?
4. What activities give you energy, excitement, or a sense of purpose?
5. What interests would you like to explore further during college?

CONNECTING TO YOUR FUTURE PATHWAYS

Your interests are not career decisions—but they can provide clues about possible futures.

As you complete your **Future Pathways** worksheet, look back at your mind map and ask yourself:

- Which interests seem most important to me?
- Which interests have I not explored enough?
- What careers, roles, industries, or opportunities connect to these interests?
- Which interests might inspire a Future Pathway I have not yet considered?

Use your mind map as a source of inspiration as you design multiple possible futures for your life and career.

MIND MAPPING SPACE

