

Trade Works USA: Career Exploration Worksheet

Empowering YOU to discover your next **BOLD** move to build a career that matters!

Trade Career: A profession that involves skilled technical expertise or manual work in a specific trade. These careers often require specialized training, education, or apprenticeships but typically do not necessitate a four-year college degree.

Trade careers can include fields such as:

- Manufacturing (e.g. Print Production, Welders, Machine Operator)
- Healthcare (e.g. Dental Hygienists, Medical Technicians, Phlebotomist)
- Technical Services (e.g. Audio/Video Technician, IT support specialists, Cyber Security,)
- Culinary (e.g. Chef, Baker, Cake Decorator, Mixologist)
- Beauty / Personal Care (e.g. Cosmetologist, Esthetician, Fitness Trainer)
- Photography (e.g. Medical Photographer, Event Photographer)

Trade careers are vital to the economy, providing essential services and contributing to various industries.

Section 1: The Power of Trades

Goal: Open your eyes to skilled trades as high-value careers.

Prompt 1:

What are some skills you already have that could be useful in a hands-on career or trade?

Prompt 2:

Are there any skills you have that you can build on, you'd be excited to learn—especially ones that connect to things you're passionate about?

Prompt 5:

Circle the trades that interest you most.

Put an * by the ones that you already have skills for:

- | | | |
|-------------------------------------|---------------------------------|---------------------|
| ● Esthetician / Skincare Specialist | ● Graphic Designer | ● Web Developer |
| ● Makeup / SFX Artist | ● Furniture Maker / Upholsterer | ● Florist |
| ● Fitness Trainer | ● Bicycle Mechanic | ● Photographer |
| ● Jewelry Maker | ● Solar Panel Installer | ● Chef / Baker |
| ● Auto Technician | ● Seamstress / Fashion Tailor | ● Tattoo Artist |
| ● HVAC Technician | ● Printing / Graphic Arts | ● Locksmith |
| ● Medical / Dental Assistant | ● Other: _____ | ● Welder |
| ● Phlebotomist | ● Dog Trainer / Groomer | ● Plumber |
| ● Cosmetologist | | ● Carpenter |
| ● Autobody Repair | | ● Massage Therapist |
| | | ● Electrician |

Charlie Kirk once spoke about choosing a career path. He explained that while many people say: “Follow your heart.” He suggests a different approach: “Follow your skills.” Think about what you are naturally good at. What skills do you have that could turn into a career?

Section 2: Who Am I?

Goal: Help you reflect on your interests, strengths, and values.

Prompt 1:

What are three things you are passionate about (even if you’re not paid for them)?

1. _____
2. _____
3. _____

Prompt 2:

What are three things people often compliment you on or ask you for help with (Your innate skills)?

1. _____
2. _____
3. _____

Prompt 3:

How will the three traits listed above make you a great tradesperson or business owner?

Prompt 4:

Which of these are most important to you in a career? (Check top 3)

- | | |
|---|---|
| <input type="checkbox"/> Helping others | <input type="checkbox"/> Using my hands |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Problem-solving |
| <input type="checkbox"/> Stability | <input type="checkbox"/> High income |
| <input type="checkbox"/> Flexibility | <input type="checkbox"/> Working outdoors |
| <input type="checkbox"/> Teamwork | <input type="checkbox"/> Independence |

Section 3: What’s My Next Step?

Goal: Help you think practically and confidently.

Prompt 1:

What kind of work environment sounds best to you?

- | | |
|-----------------------------------|--|
| <input type="checkbox"/> Office | <input type="checkbox"/> On the road |
| <input type="checkbox"/> Remote | <input type="checkbox"/> Hospitals/Clinics |
| <input type="checkbox"/> Outdoors | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Workshop | |

Prompt 2:

Here's what I want to explore next:

- | | |
|---|--|
| <input type="checkbox"/> Talk to someone in a trade | <input type="checkbox"/> Look into apprenticeships or tech schools |
| <input type="checkbox"/> Visit a job site | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Try a hands-on workshop | |

Prompt 3:

Write two actions you can take to explore your next step within the next 30 days and the date you want to take them by: _____

Bonus Inspiration:

“A Trailblazer isn’t just someone who goes first—they’re someone who makes a path others can follow.”
Write a few words about what kind of trail you want to blaze:

-----End of Worksheet-----

“Don’t ask yourself what the world needs. Ask yourself what makes ME come alive and then go and do that. The world needs people that come alive.” - Howard Therman

Quick truths about trades:

- Many trades let you start earning while you learn—through paid apprenticeships.
- You don’t need a 4-year degree to have a high-income, respected career.
- Trades can be creative, hands-on, and flexible.
- Skilled tradespeople are in high demand—many industries are asking for more women!

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