

Find Your Path: Career Exploration Worksheet

Empowering Young Women to discover their next **BOLD** move

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. They often offer good job security, good wages, opportunities for advancements and entrepreneurship.

Section 1: The Power of Trades

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

Prompt 1:

True or False (Circle One) *Answers & explanations on page 4*

- Trades are only for men.-----*True / False*
- Trades can offer six-figure incomes.-----*True / False*
- You need a four-year degree to be successful.-----*True / False*
- Trades are only for people who aren't "book smart"-----*True / False*
- Some trades let you travel or work outdoors.-----*True / False*
- There are creative and artistic jobs in the trades.-----*True / False*
- Trades are just a "backup plan" if college doesn't work out.-----*True / False*

Prompt 2:

Match the Trade with the Skill Set: (Write the number of the skill set next to the correct trade)

Skills:

- | | |
|--|---|
| 1. Workout Planning, Form Demonstration, Repetition Counting | 5. Seating Charts, Venue Tours, Day-of Scheduling |
| 2. Pressure Control, Anatomy Knowledge, Muscle Relaxation | 6. Camera Operation, Lighting Setup, Photo Editing |
| 3. Vein Location, Blood Draw Technique, Sterile Prep | 7. Facials, Waxing, Skin Analysis |
| 4. Knife Skills, Temperature Control, Recipe Execution | 8. Typography Use, Layout Design, Adobe Illustrator |

Trades:

- | | |
|--------------------------------|-------------------------|
| • ____ Event / Wedding Planner | • ____ Phlebotomist |
| • ____ Massage Therapist | • ____ Photographer |
| • ____ Chef / Baker | • ____ Fitness Trainer |
| • ____ Esthetician | • ____ Graphic Designer |

Prompt 3:

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

Prompt 4:

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 | • Auto Body Repair | • Welder |
| • Phlebotomist | • Dog Trainer / Groomer | • Plumber |
| • Cosmetologist | | • Carpenter |
| • Other: _____ | | • 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

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!

Answers to Section 1, Prompt 1: True / False section

1. Trades are only for Men.
FALSE - *Trades are for Everyone. While traditionally they have been male-dominated, more and more women are entering and thriving in skilled trades—bringing talent, creativity, and leadership.*
2. Trades can offer six-figure incomes.
TRUE - *Many trades offer high-paying roles, especially with experience or specialization.*
3. You need a four year degree to be successful.
FALSE - *Many trades offer great careers through apprenticeships, certifications, or two-year programs, and the potential for your own business.*
4. Trades are only for people who aren't "book smart."
FALSE - *Trades require problem-solving, technical knowledge, and critical thinking.*
5. Some trades let you travel or work outdoors.
TRUE - *Careers like solar installation, arborist work, or wind turbine techs involve travel and adventure.*
6. There are creative and artistic jobs in the trades.
TRUE - *Trades like floral design, makeup artistry, woodworking, photography, and even welding can be creative.*
7. Trades are just a "backup plan" if college doesn't work out.
FALSE - *Trades are smart, intentional career choices with long-term growth and independence.*

Answers to Section 1, Prompt 2: Match the skills with the trade

- 5 Event / Wedding Planner - *Seating Charts, Venue Tours, Day-of Scheduling*
- 2 Massage Therapist - *Pressure Control, Anatomy Knowledge, Muscle Relaxation*
- 4 Chef / Baker - *Knife Skills, Temperature Control, Recipe Execution*
- 7 Esthetician - *Facials, Waxing, Skin Analysis*
- 3 Phlebotomist - *Vein Location, Blood Draw Technique, Sterile Prep*
- 6 Photographer - *Camera Operation, Lighting Setup, Photo Editing*
- 1 Fitness Trainer - *Workout Planning, Form Demonstration, repetition Counting*
- 8 Graphic Designer - *Typography, Layout Design, Adobe Illustrator*

Learn More About Skilled Trade Careers by visiting: <https://tradeworksusa.org>

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