

# Exploring My Community Worksheet



## Instructions



This worksheet is a companion to the Exploring My Community Activity in Moodle. It is suggested that you keep the activity instructions open in your computer as you fill in each of the following sections of this worksheet.

## Become Memorable

Reflect on the information that you usually share about yourself (including your career story) when you meet someone new. If you imagine yourself attending a conference or professional event, what do you think is memorable?

## Strengths

List your top 5 strengths.

## Core Values

List your top 5 core values.

## Interests

List your top 5 interests.


## Career Goals

List your top 3 career goals.


## Write a Summary

Write a summary. Keep it short and concise - three or four sentences.


Be Prepared

- ☐ Personal email signature created or updated
- ☐ LinkedIn Profile updated

Notes, ideas and takeaways for social media

Notes, ideas and takeaways for information meetings

Notes, ideas and takeaways for attending events

Ask Good Questions

Notes, ideas and takeaways for leading conversations

List of conversation starters