

My journey planner

This action plan is your space to explore what you enjoy, what you're good at and careers you might be curious about. There are no right or wrong answers – just your ideas! Fill in each section by writing or drawing. Start with the parts that feel easiest for you.

My profile

Includes your culture, family and where you live.

My name

My community

Write or draw your community – who is in it, what does it look like? Where do you live (for example, in a city or the countryside)?

How would you describe your community to someone who didn't know you?

My qualities

Personal qualities describe what you are like as a person. Choose the words that best describe you: for example, caring, kind, reliable, funny and friendly.

Accurate	Caring	Enthusiastic	Sincere
Loyal	Shy	Coordinated	Cooperative
Practical	Serious	Strong	Sensitive
Cautious	Generous	Brave	Ambitious
Dependable	Chatty	Outgoing	Energetic
Patient	Punctual	Flexible	Determined
Creative	Sociable	Decisive	Calm
Reliable	Funny	Friendly	Kind

Pick your 3–5 top qualities from the list. If you have others that aren't there, add them too.

About me

This section is about exploring. You might ask yourself:

- What is important to me?
- What do I like doing?
- What skills and knowledge do I have?

Complete the sections below to find out more about your values, interests and achievements.

My values

Values show you what's important to you. They guide your choices and can motivate you. Your values can help you decide what kind of job or activities suit you best.

Choose from the values below or add your own.

Supporting my community/marae/church	Being independent
My culture and traditions	Being a role model for others
Making my own choices	Earning money in the future
Challenging myself to do new things	Looking after the environment
Setting and achieving goals	[my values]
Having a positive attitude	[my values]
Being creative	[my values]

Choose 3 to 5 values that are important to you and write them in the space below.

My interests

Interests describe the things you like to do at school or at home. Choose the interests below that you enjoy doing or are interested in, or you can complete the Interest quiz on Tahatū Career Navigator to learn more about your interests.

[The Interest quiz](#)

Playing netball	Surfing	Making crafts
Helping at the mārae	Photography	Kapa haka
Swimming	Dancing	Riding my bike
Cooking	Listening to music	Fixing and building things
Drawing	Gaming	Gardening
Playing music	Spending time with my friends and family	Tramping or being out in nature
Singing	Waka ama	[My interests]
Looking after animals	Fishing	[My interests]
Horse riding	Working on computers	[My interests]
Playing a sport	Organising events	[My interests]
Making jewellery	Collecting things	[My interests]

My skills

A skill is the ability to do something. Over time we learn new skills or develop the ones we have. Choose the skills below that you enjoy doing or are good at.

I like:

Finishing my work in the time given	Testing ideas and experimenting
Explaining my work to others	Fixing things or figuring out what's wrong
Practising or training to get better	Being part of a team or club
Planning and organising activities	Taking part in discussions
Speaking to a group	Speaking another language
Using equipment to make or fix something	Organising a game with friends
Looking after animals	Taking the lead in a group
Drawing or painting	Preparing and cooking food
Researching and finding the information I need	[add my skills]
Growing and caring for plants	[add my skills]
Using pictures to share ideas	[add my skills]

Write down the 3 skills you most enjoy and why you chose them.

Skill 1

Skill 2

Skill 3

Subjects

School subjects that you enjoy can reflect your values, skills and interests.

Write your school subjects below and why you like them.

Name of subject	Why I like this subject

Career curiosity

Career ideas I've heard about and want to learn more about. Go to [Tahatū](#) to learn more about different types of jobs.

[Explore career ideas](#)

[Video library](#)

Name of career idea	What do I want to know about this career idea	I am curious about this career idea because
<i>Example: Engineer</i>	<i>Example: What do they do</i>	<i>Example: Someone came to school who was an engineer and talked about making cool stuff.</i>

My goals

A goal is something you want to achieve. It's like a target you aim for. Goals help you focus, make plans and keep moving forward.

Some examples of goals you may want to work on this year.

- I want to give new learning a go.
 - I want to explore what I am good at.
 - I want to discover new jobs.
 - I want to find out what interests me this year.
-

My goal

My next steps

These are the steps you will take to achieve your goals. They can be updated over time.

Some examples of next steps:

- Join the kapa haka group at school.
 - Write a list of things that I enjoy doing and do well.
 - Ask my whānau about their jobs.
 - Try new activities that I haven't done before, such as coding or playing a guitar.
-

My next step

Who can help me?

Someone who can help me with my next step:

Name

Reflection

Look back at your journey planner. What is one thing you want to learn or try before next year?

Example: I want to try a new activity, like joining the school choir.
