

# My journey planner

This action plan is your space to explore what you enjoy and what you're good at, then look at different career ideas and opportunities. As you learn more about the world of work, you can update your ideas and plan your next steps.

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## My profile

Includes your culture, family and where you live.

### My name

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### 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)?

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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
Kind	Reliable	Funny	Friendly

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
Being in control of my own life	Having a good income of money
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 or want to learn more about. These can be activities, subjects or topics that catch your attention, like sports, art, technology or helping others. You can complete the Interest quiz on Tahatū Career Navigator to learn more about your interests.

Choose the interests below that you enjoy doing or are interested in.

The Interest quiz

Playing netball	Making jewellery	Collecting things
Helping at the mārae	Surfing	Making crafts
Swimming	Photography	Kapa haka
Cooking	Dancing	Riding my bike
Horse riding	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]

## My skills

A skill is the ability to do something. Over time we learn new skills or develop the ones we have. They can be simple, like making a bed or more complex, like playing an instrument or creating a computer program. Choose the skills you enjoy or are good at.

### I like:

Finishing my work in the time given	Designing an experiment
Explaining what I did	Finding out what's wrong with something
Practising something or training regularly	Being part of a team or club
Planning and organising activities such as fundraisers or fairs	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 a pet	Taking the lead, showing leadership
Finding information I need	Preparing and cooking food
Looking after a garden	[add my skills]
Using pictures to get a message across	[add my skills]

Now choose the skills that you would like to learn more about or develop.

## My dream job

Have you thought about any jobs that you would like to try when you get older? In the space below write or draw a job you would like to do in the future. You can research career ideas on Tahatū Career Navigator.

[Explore career ideas](#)

[Video library](#)

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Do you know anyone that does this job in your community? What do they do? If not, read the information for that job in the Tahatū career ideas.

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## Subjects and pathways

School subjects that you enjoy can reflect your values, skills and interests. Visit Tahatū for help with subject options. The subjects I enjoy are:

[Explore NCEA subjects](#)

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Write down the subjects that will help you reach your goals or future jobs. Think about the subjects you enjoy, the skills you want to grow and what might be useful in the future.

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Need ideas? Tahatū has guidance to help you choose subjects. You can also talk with your whānau and ask your teachers for advice.

[How to choose NCEA subjects](#)

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## Career exploration

What careers do you want to learn more about? Use Tahatū to find out what these jobs involve and what skills they need.

Explore career ideas

Career ideas that interest me	What qualifications or training do these careers need?	What does a day in this job look like?

## 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.

### School goal

My school goal is:

*Example: I want to choose subjects that match my interests and future ideas.*

### Exploration goal

My exploration goal is:

*Example: I want to research careers linked to the subjects I enjoy.*

### Skill goal

My skill goal is:

*Example: I want to improve my teamwork skills by joining a group project or club.*

### Community goal

My community goal is:

*Example: I want to help out with a fundraiser for our touch team to go to the national competitions.*

## Next steps and actions

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

Actions	My actions and next steps	Completed
<i>Example: Research subjects that match my interests and future ideas.</i>	<i>Join a club or activity to build skills and experience.</i>	
<i>Example: Research a career idea.</i>	<i>Speak to our coach about how I can help with the fundraising.</i>	

## Who can help me?

Who can support me with my goals and actions (teachers, family, coaches, other people who I respect).

Name of support person	How they can help me with my goals and actions

## Reflection

Check your journey planner throughout the year and make changes where required.  
Answer the following questions.

What new things did I learn about myself?

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What new things did I learn about careers?

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What would I like to explore next?

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