

SELF-REFLECTION

The Pressure is Loud.
Your Power is Louder.

WHAT FEELS LOUD RIGHT NOW?

What pressures do you feel about your future?

Answer

PROUD MOMENT

Describe a time when you felt really good after doing something. Could be a school project, hobby, something with family or friends, or at a job.

Answer

"MY MISSION IN LIFE IS NOT MERELY TO SURVIVE,
BUT TO THRIVE;
AND TO DO SO WITH SOME PASSION, SOME COMPASSION,
SOME HUMOR, AND SOME STYLE."
— MAYA ANGELOU



SELF-REFLECTION

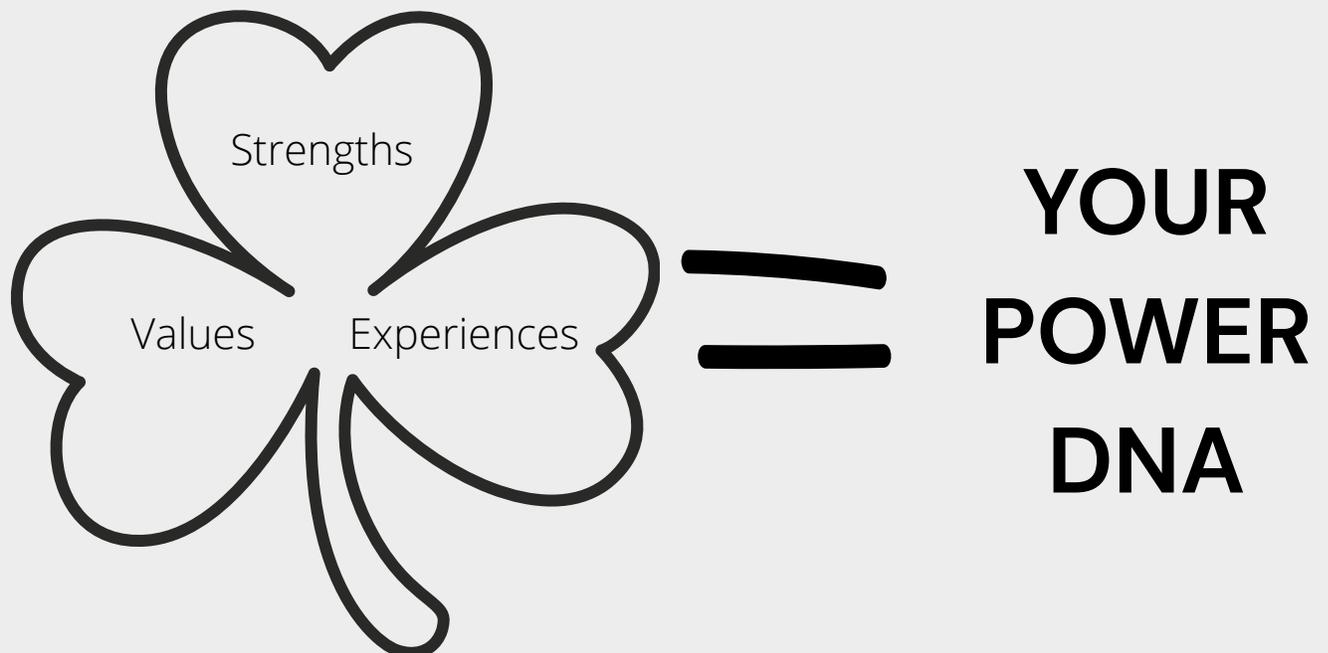
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PROUD MOMENT

What did you do that made it a success?

YOU ROCK!

Answer



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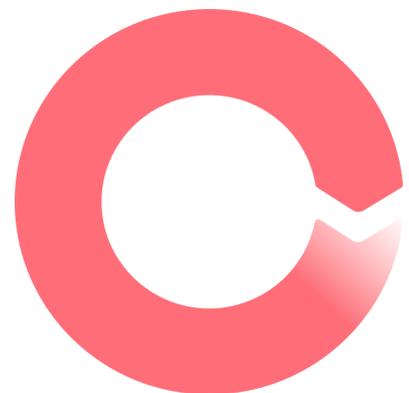
DREAM

WHAT ARE YOUR STRENGTHS?

- thinkers (curious, analytical, strategic)
- problem solvers and designers (creative, build things, figure things out)
- connectors (listens, communicates well, empathetic)
- leaders (encourages, initiates team building, leads collaborations)
- doers (reliable, organized, persistent, detail-oriented)
- explorers (independent, observant, investigates, navigates change)

Answer

"BE BRAVE. NOT PERFECT."
— RESHMA SAUJANI, FOUNDER, GIRLS WHO CODE



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BE CURIOUS!

CONNECT YOUR STRENGTHS

Which careers might match your strengths that are ALSO in high demand AND make a good living wage?

STRENGTH	POSSIBLE CAREER
Thinker	Data Scientist, Computer & Information Research Scientist
Creator / Builder	Software Developer, Mechanical Engineer
Connectors	Physician / Health Scientist, Public Health Specialist / Epidemiologist
Leaders	Engineering Project Manager, Clinical Research Lead
Doers	Civil Engineer, Cybersecurity Analyst
Explorers	Environmental Scientist, Forensic Scientist

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EXHALE

WHAT ARE SOME SMALL STEPS YOU CAN TAKE TO REDUCE THE PRESSURE?

- Take a strengths assessment to identify further and define your strengths
- Ask the people who know you best what they think your greatest strengths are, and how they show up
- Talk to someone who works in a field of interest
- Volunteer at an organization that encourages you to use your strengths to get to know yourself better

REMEMBER

- *You DO NOT have to have your life figured out right now*
- *Your Power DNA gives you a unique advantage for success, and the more you know about yourself and how it works for you, the better*
- *Your career path is NOT a straight line, so be curious and enjoy the journey*
- *You are incredible! Believe in yourself! YOU GOT THIS!*
- *Know Your Strengths. Own Your Value. Trust Your Gut.*

AFFIRMATION

***My future does not have to be perfectly planned.
My strengths will travel with me wherever I go.
I am allowed to explore, grow, and change.
My voice, ideas, and perspective matter.
Pressure may be loud — but my power is louder.***

