



YOUR PERSONAL
Discovery
JOURNAL ▶▶

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One Day I Will >>

Self-Discovery: The Key to Unlocking Your Future Goals and Dreams

This journal is designed to help you figure out **'who you want to be'** now that you know **'who you are'**, **'your strengths'** and **'what careers'** best match your personality profile.

The secret to career satisfaction is doing what you enjoy most. Careers that match your personality style makes the best use of your natural gifts and talents and will give you the greatest happiness in your life.

Since your natural talents are the single most important part of you to understand and use in designing your career, it is important to get this part right.

Whatever you do ...

Whatever career and occupation you choose, be the best you can be. You must bring passion, commitment and hard work. Any personality style can succeed, but the one thing that all successful people have in common... whether it's sports, arts or business... is that they are fully committed and determined to be the best. This is a quality you must adopt for yourself to achieve your goals.



HOW TO USE

- Work your way through the questionnaire & fill in all the blue highlighted fields.
- Save your work as you go.
- Use the TAB key to go to the next question
- Use the ENTER key to add more text on a new line
- The PLUS + sign indicates there is more than one line of text, use the slider to move up and down.
- Use the "Save As" format and rename to save on your computer.



Four Personality Styles - D.P.S.A[®] >>

People have four basic personality styles. When blended together in varying percentages, they make you who you are. **One style is not better than the other.** These styles define the way you act, think, learn, socialise and behave. You are “wired” with these traits from birth. It’s like a default factory setting. MyCareerMatch calls these styles, **Driver, Promoter, Supporter** and **Analyser**.



Who you are is of course more than just four styles; it’s also how you were raised, your home life and family heritage, your ethnic and religious upbringing, your education and learning environment. If you imagine that who you are is like an iceberg, then the part people see above the water line is your personality style



Brief description of each style >>

D

Drivers have a high desire to achieve. They are self-motivated, independent, and highly individualistic. They like a fast-paced environment. They enjoy the competition and the challenge. Most of all they want to be in control. They want to do it their way.

P

Promoters are independent, outgoing individuals who like socialising and meeting people. They are enthusiastic and optimistic. They enjoy conversations and being the centre of attention. They make friends easily and are inspirational and popular.

S

Supporters are dependable, practical and kind people. They’re patient. They want to help others. They prefer to work in teams and they dislike rapid change. They prefer a secure and constant environment that’s free of conflict.

A

Analysers are perfectionists who look to systems, rules and order within a structured environment. They are accurate and precise. They are reserved, detailed and logical and follow the rules and standards.

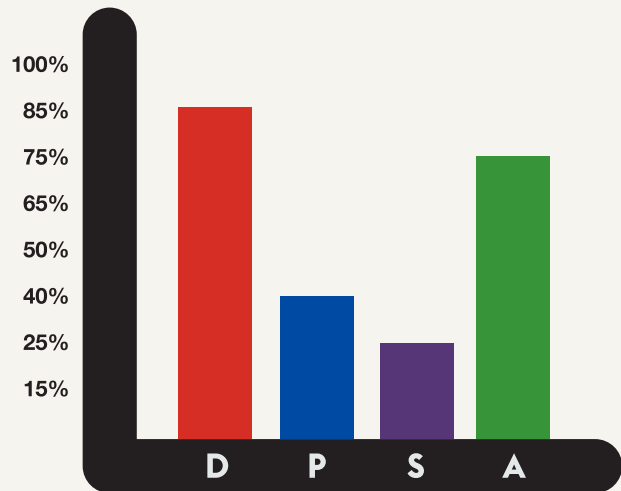


Your Personal Profile >>

Step 1:

Using the graph in your Career Report, write down the percentages of each of your four styles.

For example, the graph on the right indicates that this person is a DRIVER ANALYSER, because MyCareerMatch uses the two highest scores in the following order: D, P, S and A.



Write down your percentages

DRIVER	
PROMOTER	
SUPPORTER	
ANALYSER	

Step 2:

Using your percentages, plot them on the chart on the next page by placing a cross in the appropriate percentage segment under each of the four styles.

Step 3:

Use one or two words from each segment, commencing with your highest percentage to your lowest percentage and write a sentence that describes you.

If two are the same percentage then the order is D P S A

The example on the right indicates a Promoter, Driver, Supporter, Analyser styles and the key words that describe this person are;

“I am an inspiring extrovert (P 100%), who is assertive, goal oriented (D 75%), energetic (S 40%) and confident (A 40%)”.

LOW SCORING SUPPORTERS

If you have a low Supporter percentage it doesn't mean that you don't help or encourage others, it just means that you are more decisive and action oriented than people with high Supporter scores.

SCORE	DRIVER	PROMOTER	SUPPORTER	ANALYSER
	D	P	S	A
100%	Strong willed	Outgoing	Caring	Thorough
	Determined	Brave	Easy-going	Organised
	Results focused	Fun	Likeable	Precise
85%	Decisive	Talkative	Well-organized	Fussy
	Competitive	Enthusiastic	Patient	Accurate
	Confident	Positive	Trusting	Efficient
75%	Resourceful	Inspiring	Dependable	Sensible
	Practical	Generous	Calm	Follow rules
	Innovative	Persuasive	Steady	Careful
65%	Strong-minded	Social	Good listener	Neat
	Straight forward	Carefree	Relaxed	Polite
	Purposeful	Friendly	Loyal	Sensitive
50%	Reasonable	Sensible	Active	Gritty
	Cooperative	Fair	Inspiring	Orderly
	Easygoing	Tolerant	Eager	Persistent
40%	Helpful	Logical	Bouncy	Daring
	Gentle	Precise	Easy	Conscient
	Low-key	Organised	Restless	Creative
25%	Down-to-earth	Tidy	Lively	Clever
	Peaceful	Fussy	Quick	Unique
	Shy	Unemotional	Jumpy	Courageous
15%	Humble	Quiet	Hotheaded	Cheerful
	Patient	Thoughtful	Excitable	Innovative
	Sensitive	Shy	Passionate	Outgoing



Words that Describe Me >>

From each of the percentage segments crossed on your chart, select one or two words that most describe you, and write a sentence using those words.

Write a sentence that best describes you starting with "I am" ...

SCORE	DRIVER	PROMOTER	SUPPORTER	ANALYSER
	D	P	S	A
100%	Strong willed	Outgoing	Caring	Thorough
	Determined	Bubbly	Easy-going	Organised
	Results focused	Fun	Likeable	Precise
85%	Decisive	Talkative	Well-organized	Fussy
	Competitive	Enthusiastic	Patient	Accurate
	Confident	Positive	Trusting	Efficient
75%	Resourceful	Inspiring	Dependable	Sensible
	Practical	Generous	Calm	Follow rules
	Innovative	Persuasive	Steady	Careful
65%	Strong-minded	Social	Good listener	Neat
	Straight forward	Carefree	Relaxed	Polite
	Purposeful	Friendly	Loyal	Sensitive
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	Cooperative	Fair	Inspiring	Orderly
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15%	Humble	Quiet	Hotheaded	Cheerful
	Patient	Thoughtful	Excitable	Innovative
	Sensitive	Shy	Passionate	Outgoing



My Personal Profile >>

From your MyCareerMatch Report list four (4) statements that describes you the most from each of the following sections.

My work related strengths are

1	
2	
3	
4	

Qualities I bring to a job

1	
2	
3	
4	

Things I like

1	
2	
3	
4	

What people admire about me

1	
2	
3	
4	



Personal Strengths & Weaknesses >>

	Strengths	Weaknesses
 DRIVER	Strong Willed Determined Independent Optimistic Practical Productive Decisive Leader Confident	Unforgiving Opinionated Domineering Inconsiderate Unemotional Impatient Independent Insensitive Hard to please
 PROMOTER	Friendly Compassionate Carefree Talkative Outgoing Enthusiastic Warm Personable Fun Generous Expressive	Unstable Undisciplined Restless Loud Exaggerates Disorganised Untimely Gossipy Impulsive Unfocused Excitable
 SUPPORTER	Likeable Diplomatic Caring Calm Dependable Efficient Practical Reliable Good Listener	Stingy Fearful Indecisive Unmotivated Timid Unenthusiastic Quiet Protective Unchanging
 ANALYSER	Sensitive Perfectionist Idealist Loyal Self-sacrificing Thorough Orderly Logical Cautious Precise	Self-centered Moody Critical Negative Impractical Unsociable Inflexible Picky Rigid



My Behaviour >>

In the space below write down the strengths and weaknesses that you think applies to you.

Be honest here and look at yourself objectively. From the list on Page 7, choose up to four (4) behaviours that you think describes both your strengths and weaknesses.

My Strengths

1	
2	
3	
4	

My Weaknesses

1	
2	
3	
4	



My Natural Skills >>

In the space below write down 4 natural talents that you have.

These talents and gifts are the things that you do well and that are easy for you or come naturally, like drawing, singing, or if you can fix things or have a skill with animals, people or sports.

1	
2	
3	
4	



How I Can Make a Difference >>

You can make a difference by using your natural gifts and talents in ways that bring out the best in you and others.

At work

You make a difference AT WORK by focusing on what you are good at, and acquiring skills and qualifications in areas you excel in, so that you can be the best you can be.

At home

You make a difference AT HOME and in your PERSONAL RELATIONSHIPS by knowing the key elements of your personality and how your strengths and weaknesses affect others.

In your community

You can make a difference IN YOUR COMMUNITY by volunteering in areas you feel comfortable and where your natural abilities are seen and appreciated as making a difference to the lives of others.

In the space below, list the four areas that MEAN THE MOST TO YOU and where you feel you could MAKE A DIFFERENCE – at work, at home or in your community.

1	
2	
3	
4	



My Learnt Skills >>

In the space below write down 4 skills that you had to learn to use.

Skills are things that didn't come naturally to you and that you had to learn in order to master them. For instance few people are born being able to add, subtract, play an instrument, or speak another language.

1	
2	
3	
4	



My Hobbies >>

In the space below write down 4 hobbies or 'out of' school activities that you do.

Your hobbies are no less important than your skills and talent. You usually take up a hobby that you enjoy doing and are passionate about. Hobbies tell you what you love to do. You may think that hobbies are just spare time activities but hobbies can play a big part in your career pathway.

1	
2	
3	
4	



Importance of STEM >>

There is a huge variety of rewarding career paths open to people with STEM skills. STEM qualifications are in demand by employers and have good career prospects. 75% of fastest growing jobs require people with STEM qualifications and there is a shortage of people with these skills, so the opportunity for you is exciting.

What does STEM stand for?

S	
T	
E	
M	

Which of these subjects do you like best?

--

Just for FUN!

Robots are changing the way we live and work. They do lots of things we don't want to do or find hard to do.

List four things you would like your personal Robot to do for you?

1	
2	
3	
4	



My Family and Friends >>

Identify the Dominant personality styles of people close to you.

How do these people act most of the time? Are they good with people or better with tasks?

Do they get things done quickly or do they take their time? Are they outgoing and fun or do they keep to themselves? Are they ready for new adventures or do they like things to stay the same?

Not sure, then refer to style descriptions on Page 2 of this workbook and select which describes the person below the most.

PERSON YOU KNOW	THEIR PERSONALITY STYLE
MOTHER	
FATHER	
BROTHER or SISTER	
BROTHER or SISTER	
BEST FRIEND #1	
BEST FRIEND #2	
FAVOURITE TEACHER	
CAREER ADVISER	

Choosing a
Career



Career Opportunities >>

Suitability for a job is determined by a number of factors including a person's behavioural style. People who choose a career based on their **natural talents** are likely to be more productive and happier at work. Those who take on jobs that are not in harmony with their personal style can find it difficult. The right job lets the individual use their talents in ways that come naturally.

It's important to note that there are successful people of all styles in all occupations however; certain occupations are more satisfying to each particular style.

D

For Drivers the ideal career is where they can make decisions and get results.

- They enjoy power, control and independence.
- They function best when carrying out responsibilities with authority.
- They don't like too much detail and are big picture people.
- They are comfortable with change and accept responsibility for their actions.

P

For Promoters the ideal career involves people.

- They are outgoing extroverts who enjoy the company of others.
- They are creative and have an ability to communicate and persuade others.
- They enjoy working with people, motivating, representing, lobbying and influencing others.
- Promoters are friendly optimistic people who enjoy being stylish and optimistic.

S

For Supporters the ideal careers are those that involve people, service and information.

- They are easy going people
- They enjoy working in a secure team environment that requires repetitive tasks or processes.
- They enjoy following routines and instructions and like to help others solve problems.
- They are naturally cautious and function best in a stable non-confrontational environment.

A

For Analysers the ideal careers are those involving details, facts and information.

- They are no nonsense people who are naturally inclined to gather information.
- They are detail oriented who don't mind working by themselves.
- They enjoy the challenge of collecting facts and details and providing precise reports.
- They are capable people who follow procedures in a conscientious and conservative manner.



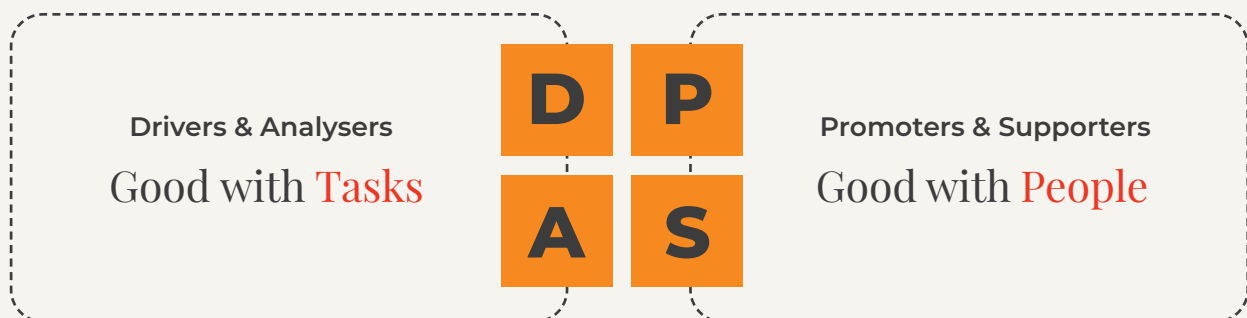
Career Matching >>

This exercise demonstrates the type of career that best suits your style based on what you are attracted to.

If you are attracted to **PEOPLE** then you should be in a job that requires you to work with people and communicate, help, service, care for and educate. It should involve variety and projects where your enthusiasm, leadership and motivational talent can be used.

If you are attracted to **TASKS** then careers that involve, administration, sciences, technical, research, education, medical, finance, statistics, IT, construction, mechanical, agriculture. Jobs that are more related to systems and processes, rules and procedures. Careers where information and research are required, where analysis and design are utilised.

Many of you will be a combination of **two styles**. This means that you can do both types of work when required but you favour your **DOMINANT** style ahead of your **BACKUP** style. As an example if you are a Promoter Analyser you are good with **PEOPLE** and **TASKS**. Jobs where you need to explain and promote technical products or services. You have a skill of making the complicated easy to understand.



What are you attracted to?

- 1 My **Dominant** style is attracted to: Tasks People
- 2 My **Backup** style is attracted to: Tasks People



Choosing a Career >>

What jobs interest you?

What school subjects interest you?

What school subjects are you good at?

What subjects do you need to do the jobs you're interested in?

Which of the jobs that interest you are listed in your Career Report?



How to choose your future career >>

Use these rules when choosing subjects:

- | **ABILITY** - choose subjects you are good at.
- | **INTEREST** - choose subjects you enjoy.
- | **MOTIVATION** - choose subjects you really want to learn.
- | **GOOD FIT** - choose subjects that match your natural talents and gifts

How TO decide

Recognise this as an important decision and take time to consider all your options. Ask yourself the following questions:

- *What subjects are available to me?*
- *What subjects best match my personality?*
- *What subjects am I good at?*
- *What subjects do I need for further study?*

In most cases, the best subjects to take are the ones you like the most. From these subjects you are more likely to do well and therefore get higher marks. If you really don't like a subject, you probably won't do as well.

How NOT TO decide

Do not choose a subject because:

- **Your friends are taking it.**
Your friends may have different abilities, interests and motivations to you.
- **Your favourite teacher is teaching it.**
Teachers often change classes or even schools.
- **You want to go on a particular excursion.**
You could endure years of misery for the sake of that excursion.
- **You've heard it's a "bludge" subject.**
If someone tells you a subject is a bludge, chances are that they are bludging and will probably do poorly.
- **You need to do it even though you hate it.**
If you need to do a subject to get into a particular course, there will be a lot of that subject within the course!
- **Boys/girls don't do that subject.**
There are no separate subjects for boys and girls.

Self-Reflection and Setting Goals



What's important to me >>

Our values often guide and influence what is important to us in our personal and working lives. As you are going to make many career decisions throughout your life it is essential to know what you believe is significant to your happiness and wellbeing.

Values can range from everyday beliefs such as being on time and working hard to big picture concerns about climate change and animal rights. Our values come from a range of influences such as people we admire, life experiences and the impact of external forces such as the economy and media. While our values may change over time the main point about values is understanding how they can influence our decision making and career planning, for better or worse.

My Values

Choose the values that are important to you, rank your top 10.

Loyalty		Personal growth		Concern for others	
Money		Punctuality		Stability	
Creativity		Success		Global view	
Status		Tolerance		Hard work	
Trust		Honesty		Personal growth	
Fairness		Skill		Respect	
Innovation		Health		Competition	
Safety		Challenge		Learning	
Communication		Fun		Recognition	
Rules/laws		Friendship		Leadership	
Equality		Solving problems		Teamwork	



Setting goals for yourself >>

Steps for Setting Goals:

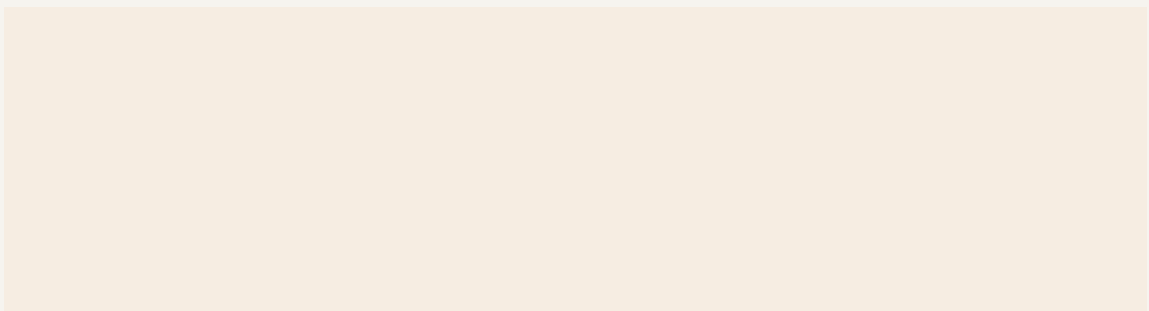
- 1 Self-Reflection:** Think about what you enjoy doing, your strengths, and areas you'd like to improve.
- 2 Understanding SMART Goals:** Learn about SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound). This framework helps in creating realistic and attainable goals.
- 3 Brainstorming:** Allow yourself to brainstorm various goals, without judgment or restriction, to explore a wide range of interests and aspirations.
- 4 Prioritising:** Prioritise your goals based on what excites and matters most to you.
- 5 Creating a Plan:** Break down each goal into smaller, manageable steps and create a timeline for achieving these small steps.
- 6 Tracking Progress:** Regular check-ins to track progress, make adjustments as needed, and celebrate small successes.
- 7 Seeking Support:** Remember it's okay to ask for help or guidance from parents, teachers, or relative and friends.
- 8 Maintaining Balance:** It's important to balance goal pursuits with other aspects of life, like friendships, family time, and relaxation. Don't become obsessed.

Goal setting examples:



Academic Goals:

Example: Achieve a certain ATAR, excel in a particular subject, or prepare for entrance exams.





Extracurricular Activities:

Example: Participate in sports, music, drama, or other clubs; aim to reach a leadership position in an organization.



Personal Development Goals:

Example: Develop a new skill (like learning a language or a musical instrument), read a certain number of books, or improve time management skills.



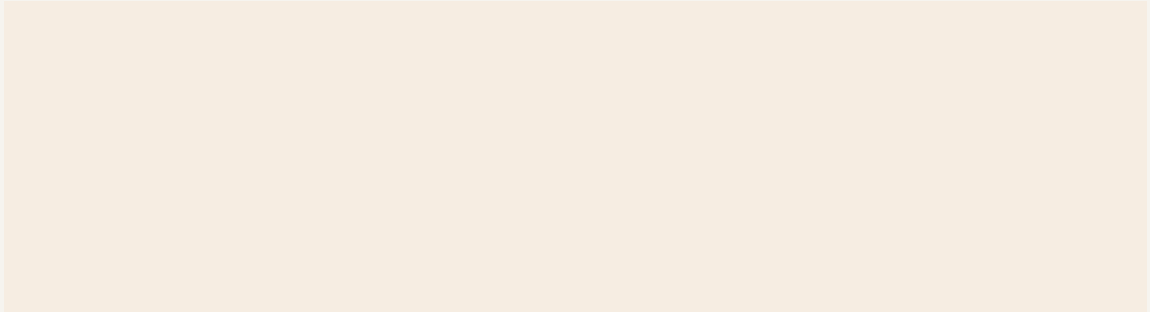
Social Goals:

Example: Build new friendships, participate in community service, or engage in social events at school.



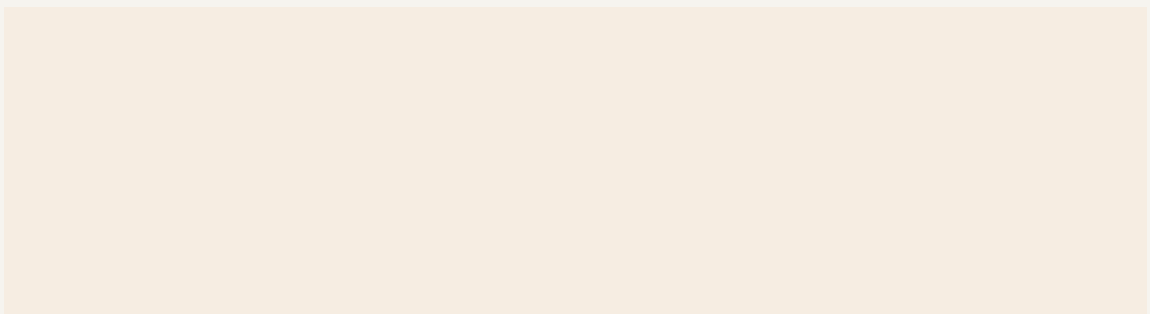
Health and Fitness Goals:

Example: Adopt a healthier diet, establish a regular exercise routine, or train for a specific athletic event.



Career Exploration Goals:

Example: Research potential career paths, undertake job shadowing or internships, or attend career guidance workshops.



Remember, the key is to ensure that the goals are driven by your own interests and values, not just by external expectations. This process should be fun and empowering, helping you to learn more about yourself and what you can achieve.



Understanding who you are is pivotal in sparking self reflection to guide you towards a vision of your future. >>

- 1 **What does 'success' mean to you?** - This question encourages teens to define success on their own terms, considering personal fulfillment over societal standards.

- 2 **What are some things you're deeply passionate about?** - Identifying passions can lead to a more fulfilling and motivated path in both careers and personal pursuits.

- 3 **What skills or talents do you have that you're proud of?** - Recognizing your strengths helps you to understand how you can contribute uniquely to your future endeavours.

- 4 **How do you want to make a difference in the world or in your community?** - This question aims to align your future aspirations with a sense of purpose and contribution.

- 5 **Who are the people you admire, and what qualities do they have that you wish to emulate?** - Understanding the traits you admire in others can help you identify the qualities you want to develop in yourself.

- 6 **What are some challenges you've faced, and how have they shaped who you are today?** -Reflecting on past obstacles and their impact encourages resilience and self-awareness.

- 7 **What are your biggest dreams, even the ones that seem out of reach?** - Encouraging teens to dream big can open up possibilities they hadn't considered.

- 8 **What kind of environment or culture do you thrive in?** - This helps you consider the types of settings where you're are most likely to succeed and be happy.

- 9 **If you could try any job for a day, what would it be and why?** - This can reveal hidden interests or curiosities about various career paths.

- 10 **How do you want people to remember you?** - This question encourages teens to think about your legacy and the long-term impact of their actions and choices.



Dealing with disappointment >>

Disappointment is a challenge for everyone, especially for teenagers but different personality types may find different strategies more effective. Let's explore how each MyCareerMatch personality type - Driver, Promoter, Supporter, and Analyser - might best handle disappointments such as not achieving expected exam marks or not qualifying for a team or not being invite for an event.

D

Driver

Understanding Disappointment: Drivers are goal-oriented and competitive. They may take disappointment as a personal failure.

Coping Strategy: It's important for Drivers to understand that setbacks are part of the learning process. They should focus on what can be learned from the experience and how it can make them stronger. Setting new goals and developing a plan to achieve them can be a constructive way to move forward.

Key Advice: Reflect on what went wrong, but don't dwell on it. Instead, use this as a stepping stone for future successes.

P

Promoter

Understanding Disappointment: Promoters are enthusiastic and thrive on positive interactions. Disappointment may dampen their usually upbeat spirit.

Coping Strategy: Promoters benefit from sharing their feelings with friends or mentors. Engaging in social activities or hobbies that boost their mood can also be helpful. They should try to see the bigger picture and remember that one setback doesn't define their worth.

Key Advice: Surround yourself with positive influences and remember that your worth isn't determined by a single outcome.

**S****Supporter**

Understanding Disappointment: Supporters are caring and sensitive, and they might take disappointment to heart, often more worried about letting others down than themselves.

Coping Strategy: It's crucial for Supporters to express their feelings and not bottle them up. Talking to someone they trust, like a family member or counsellor, can provide comfort. It's also important for them to engage in self-care activities to maintain their emotional well-being.

Key Advice: Be kind to yourself and remember that it's okay to feel upset. Seeking support from others can be very healing.

**A****Analyser**

Understanding Disappointment: Analysers are logical and detail-oriented. They may overanalyse the situation, focusing too much on what went wrong.

Coping Strategy: Analysers should take time to process their feelings but should also try to avoid overthinking. Breaking down the situation to understand what can be improved next time is useful, but it's also important to recognize that not everything is within their control.

Key Advice: Learn from the experience but don't get lost in the details. Remember that some factors are beyond your control and focus on what you can change.

For all types, it's important to remember that disappointment is a part of life and can be a valuable learning experience. It's not about the setback itself, but how you respond to it and grow from it.



Notes >>

