

Identify what may not be the right fit for you before you commit.

1 YOUR NON-NEGOTIABLES

Check all that apply. These are things that may be difficult or uncomfortable for you in a career.

- | | | |
|----------------------------|----------------------------------|--|
| Seeing blood regularly | Working in extreme weather | Working with older adults |
| Cleaning bodily fluids | High stress or emergencies | Working with animals |
| Working nights or weekends | Conflict or confrontation | Strong smells |
| Being on call | Sales or commission-based income | Loud environments |
| Standing all day | Long years of schooling | Tight deadlines |
| Sitting at a desk all day | Frequent travel | Wearing personal protective equipment for long periods |
| Heavy lifting | Shift work | Other: _____ |
| Public speaking | Repetitive tasks | |
| Working outdoors | Working alone | |
| | Working with children | |

2 MY TOP 5 DEALBREAKERS

List the five things you know would make a career difficult or unbearable for you.

- 1
- 2
- 3
- 4
- 5

3 REALITY CHECK

Take a moment to reflect honestly.

Have I ruled out a career based on an assumption?

Could more exposure or experience change how I feel?

4 WHAT THIS MEANS

Based on my answers, I may want to explore careers with:

Regular daytime hours	Flexible schedules
Minimal exposure to blood or bodily fluids	Indoor environments
Low physical demands	Hands-on work
Limited public interaction	Office-based work
Creative work	Other: _____

Notes:

5 NEXT STEPS

What will I do with this information?

- Research careers that avoid my dealbreakers
- Watch Career Path Lab interviews
- Talk to professionals in the field
- Job shadow or gain exposure
- Compare careers that interest me
- Meet with an academic advisor
- Other: _____

MY COMMITMENT

My first action step:

IMPORTANT REMINDER

Knowing what isn't the right fit is just as valuable as knowing what is. This guide helps you narrow your options, ask better questions, and continue exploring with confidence.

Be honest with yourself — your future self will thank you.