### Career Summary Worksheet

**MBTI Type:** __________

<table>
<thead>
<tr>
<th>Interests</th>
<th>Factors to Reduce/Eliminate in My Work</th>
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<table>
<thead>
<tr>
<th>Values</th>
<th>Ideal Workday (summary)</th>
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<tr>
<th>Skills</th>
<th>Targeted Industries</th>
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<tr>
<th>Signature Strengths</th>
<th>Targeted Positions</th>
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<table>
<thead>
<tr>
<th>Factors to Include/Increase in My Work</th>
<th>Other Considerations</th>
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