

Break Bucket List

Small ways to explore your future while you're off.



Watch

- ☐ Watch a day-in-the-life video of a career you've never considered.
- ☐ Watch a [Virtual Job Shadow video](#) in Pathful for a career you're curious about.
- ☐ Find a video that shows how something you use every day is made or run.
- ☐ Watch someone do a job you could see yourself in. Note one skill they use.
- ☐ Watch a video about a career in your community. Who do you know who does that work?
- ☐ Watch a career video, then explain it to someone in your family.
- ☐ **Add your own:**

Ask

- ☐ Ask a family member about their first job.
- ☐ Ask someone who works at a place you like (a cafe, a store, a clinic) what their day is like.
- ☐ Ask someone what they wish they had known at your age.
- ☐ Ask someone what a typical week looks like in their job.
- ☐ Ask a teacher or coach which jobs use what they teach.
- ☐ Ask someone which skill they use every day that they did not learn in school.
- ☐ **Add your own:**

Try

- ☐ Try one free online lesson in a skill you've always wanted to learn.
- ☐ Try writing a short resume or list of your skills and experiences.
- ☐ Look at your [Career Plan](#) and add or update one goal.
- ☐ Try a new activity you've never done, like cooking, coding, drawing or fixing something.
- ☐ Try something for 30 minutes that takes patience, like a puzzle, a recipe or a repair.
- ☐ Visit a library, museum or workplace and count the different jobs you notice.
- ☐ **Add your own:**

My favorite thing I did this break was _____

It made me think about _____
