



My Bipolar Superpower

The Critical Role of Self-Assessment to Defining Your Career Path



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"Knowing yourself is the beginning of all wisdom." –Aristotle



Speaker Introduction

Juris Doctor, University of Wisconsin Law School, 2020

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Mental Health Disclaimer

“I hate being bipolar, it is awesome.”

If you or someone you love is experiencing a mental health crisis, dial 988 for 24/7 support.



What is a career self-assessment?

- Dreams
- Aspirations
- Character Strengths
- Character “Weaknesses”
- Skills

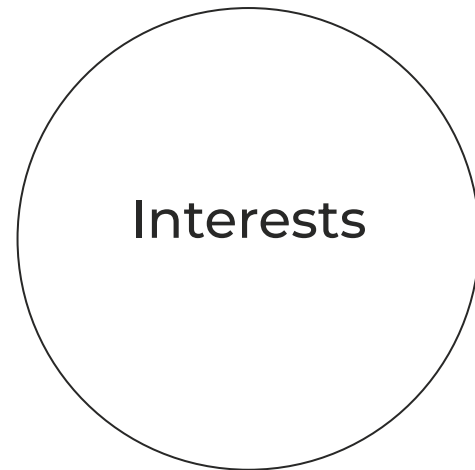
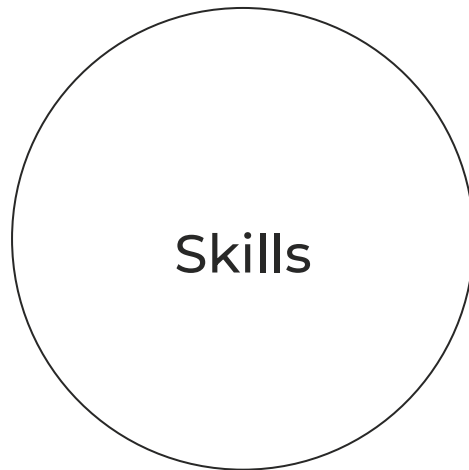
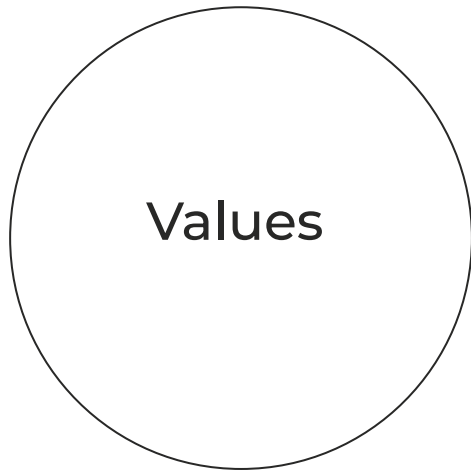
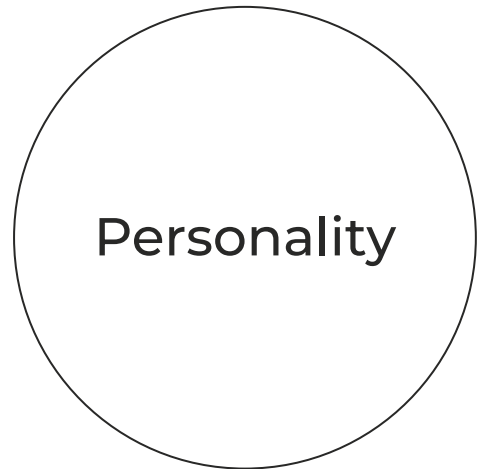
**Disclaimer (lawyers love disclaimers): This isn't about landing your dream job tomorrow, it's about discovering what's important to you.*



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When assessing your career path you must look somewhere among....





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Values

- These are your core beliefs and what is most important to you
- Values like courage, loyalty, responsibility, honesty, belief systems, relationships



Interests

- What you love or find compelling.
- This can be hobbies or things you like to learn about.



Personality

- These are the traits that make you unique.
- Your MBTI, the way you work and engage with the world, mental health issues or neurodivergence all figure in to your personality.



Skills

- Your abilities.
- These are the things you are good at, whether naturally or through practice.



By critically looking at the overlaps and visualizing where you can make inconsistencies work together, you can build your unique career.





My 4 circles

Values: Family,
Health, Honesty,
Religion

Interests: Reading,
Writing, Movies,
Exercising

Personality: ENFJ,
Bipolar 1, Early Bird

Skills: PR, Law,
Writing, Research,
Creativity



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When creating your 4 circles you need to be okay with being uncomfortable. Your "negative" qualities are just as important as your "good" ones.



What did you want to be when you grew up?

- More importantly... **WHY?**
 - ***What about that job enticed you?***



How Do I Work?

- Are you an early bird? Do you need to take frequent breaks? Do you need to be in a team environment to stay motivated?



Why Do I Work This Way?

- Were you taught this? Do you have an underlying mental health concern or learning difference?



What Do I Perceive as My Strengths and Weaknesses?

- Can't stand mundane tasks? Don't like conflict?
Hate a 9-5 shift? Or maybe you're the opposite?
Do you think it's a good or bad thing?



What Is Important to You?

- Is it spending time with family? Vacations? Time to attend group exercises? Early retirement opportunities? Becoming an entrepreneur?



What Am I Good At?

- Are you artistic? Good at numbers? Great at leading a group? A pro bodybuilder?



What Do I Love?

- Family? Cats? Dogs? Beach days? Making things? Bike rides?



Take all these things you've thought about, close your eyes, and envision what you want your career to look like. Not necessarily the tasks themselves, but where you want to be.



Your Questions...

....my answers



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