

AN INNER COMPASS WORKBOOK

SEE YOUR CHILD CLEARLY

**BEFORE YOU GUIDE
THEIR CAREER**

**7-DAY PARENT OBSERVATION
& STRENGTHS MINI-WORKBOOK**

Notice the clues already present in your child's
interests, habits, energy, and natural abilities.

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INNER COMPASS BOOKS

Observe Before You Advise

Children reveal their strengths in ordinary moments—what absorbs them, what they repeat without prompting, what problems they enjoy solving, and how they respond when something is difficult.

Your task this week

Watch without correcting, comparing, or steering. Record what you actually see—not what you hope to see.

How to use this workbook

- 1 Choose one calm observation period each day—about 15 to 30 minutes.
- 2 Notice the activity, your child's energy, persistence, and natural approach.
- 3 Write a short, factual note. Avoid labels such as “lazy” or “gifted.”
- 4 At the end of Day 7, complete the Strengths Scorecard and look for patterns.

Parent intention for this week

7-Day Observation Checklist

Complete one row each day. Keep notes short and specific.

DAY	ACTIVITY / SETTING	ENERGY	PERSISTENCE	WHAT I NOTICED
1		☐ Low ☐ Steady ☐ High	☐ Stops quickly ☐ Tries again ☐ Stays absorbed	
2		☐ Low ☐ Steady ☐ High	☐ Stops quickly ☐ Tries again ☐ Stays absorbed	
3		☐ Low ☐ Steady ☐ High	☐ Stops quickly ☐ Tries again ☐ Stays absorbed	
4		☐ Low ☐ Steady ☐ High	☐ Stops quickly ☐ Tries again ☐ Stays absorbed	
5		☐ Low ☐ Steady ☐ High	☐ Stops quickly ☐ Tries again ☐ Stays absorbed	
6		☐ Low ☐ Steady ☐ High	☐ Stops quickly ☐ Tries again ☐ Stays absorbed	
7		☐ Low ☐ Steady ☐ High	☐ Stops quickly ☐ Tries again ☐ Stays absorbed	

Child Strengths Scorecard

Review your seven observations. For each statement, circle the number that best matches what you saw:
1 = rarely, 2 = sometimes, 3 = often, 4 = consistently.

- | | | | | | |
|-----|--|---|---|---|---|
| 1. | Becomes deeply absorbed in certain activities | 1 | 2 | 3 | 4 |
| 2. | Returns to the same interests without prompting | 1 | 2 | 3 | 4 |
| 3. | Asks thoughtful or unusually detailed questions | 1 | 2 | 3 | 4 |
| 4. | Enjoys solving problems or improving how things work | 1 | 2 | 3 | 4 |
| 5. | Explains ideas clearly through words, pictures, or demonstrations | 1 | 2 | 3 | 4 |
| 6. | Notices people's feelings and responds with empathy | 1 | 2 | 3 | 4 |
| 7. | Organises, leads, or takes initiative naturally | 1 | 2 | 3 | 4 |
| 8. | Uses imagination to create stories, designs, or new possibilities | 1 | 2 | 3 | 4 |
| 9. | Persists after mistakes when the task matters to them | 1 | 2 | 3 | 4 |
| 10. | Learns especially well by doing, observing, discussing, or reading | 1 | 2 | 3 | 4 |

My child's three strongest recurring clues

Turn Observation Into Direction

A strength is not yet a career decision. It is a clue. Use the questions below to plan small, low-pressure experiments that help your child explore.

1

What activities consistently increased my child's energy?

2

What kind of challenge made them persist rather than withdraw?

3

Which learning style appeared most natural?

4

What is one club, project, conversation, course, or real-world experience we can try next?

Continue the journey

For a deeper, practical framework, read *Guiding Your Children on the Right Career Path*—a father's real-life guide to preparing teenagers for a career in an AI-driven world.

Karl-Deen Khalifa • Inner Compass Books