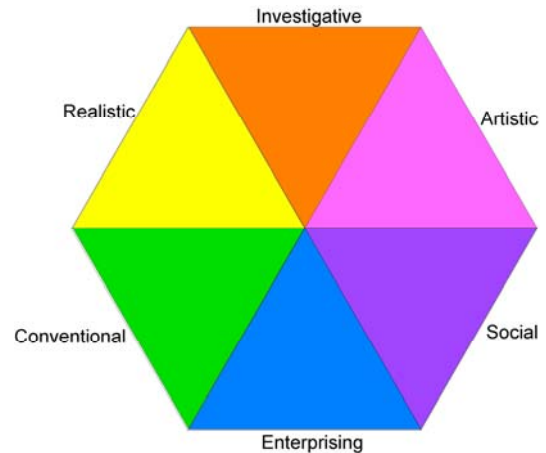


# VISTA CARDS PYRAMID PROFILE INSTRUCTIONS

The VISTa Life/Career Cards is a tool for answering the question, “Who am I?” There are four decks consisting of Traits, Skills, Interests and Values. Traits describe aspects of your personality. Skills describe your innate capabilities. Interests describe activities you enjoy engaging. Values describe what’s important to you. The 300 cards are divided into six domain colors that represent personality types which are described below.

**Realistic:** People who like to use their hands and/or like physical activity. They have athletic or mechanical ability, prefer activities with objects, machines, tools, plants, or animals, or to be outdoors. **Investigative:** People who like ideas: to observe, learn, investigate, analyze, evaluate, or solve problems. **Artistic:** People who think creatively or are artistic. **Social:** People who like to interact with people to inform or cure, or are skilled with words. **Enterprising:** People who like influencing, persuading or managing people. **Conventional:** People who like data/organizing.



To create your Pyramid Profile, you will want to select the ten that best describe you from each deck. Starting with Traits, arrange the three cards, Describes me the most, Describes me somewhat and Doesn’t describe me horizontally on the table in front of you. Work quickly, using your gut or intuition to go through the remaining cards placing them below the appropriate heading cards. Try not to have more than 30 cards in “Describes me the most”. Once you have gone through the stack of Traits cards, narrow the cards in “Describes me the most” down to ten cards. Then prioritize the cards from one to ten. Next enter your selected cards into the Traits pyramid on the VISTa Profile. Place the first letter of domain (RIASEC) in the box and highlight it with the colored marker. Add up the colors in the pyramid and enter them in to the column on the left.

Complete the next three decks the same way as Traits. The Skills Cards are arranged by Most proficient (what you do well), Somewhat proficient, Not proficient. Do not be concerned with whether or not you enjoy engaging in the activity described on the card, but only whether or not you do it well. The Interests Cards are arranged by Enjoy most, Enjoy somewhat and Do not enjoy. Once again, do not be concerned with whether you do the activity well or not, but only if you enjoy engaging in it. The Values Cards are arranged by Most important, Somewhat important, Not important.

Enter the results onto the Profile after completing each deck. After you have completed all four decks, add up the scores on the right column. That will give you a grand total for each domain. Enter you totals at the bottom of the profile. Your top three domains can be entered into the boxes at the bottom.

For further thought, answer the questions on the next page. If you are interested in careers based on your code, visit the VISTa website. [www.vista-cards.com/occupations](http://www.vista-cards.com/occupations) Using the drop down menu, select the occupations related to your domains. Rearrange the letters in your three-letter code to get the maximum list of occupations.

## VISTa Profile Review

*Do the Skill cards represent your special gifts and talents?*

*Do the Interest cards indicate your passions?*

*Are the Value cards where you find your motivation and satisfaction?*

*Do the TRAITS cards represent who you are when you're at your best?*

*Are the colors consistent within each pyramid?*

*What different colors are in the four pyramids?*

*What patterns emerge in colors, words, or themes?*

*Are you surprised by the colors with what you know about yourself?*