

Self Assessment

Fill in the following

STEP -1

What are your achievements?

Accomplishments in any area - school, university, work, home, sports, music anywhere - Things you have done that you are most proud of.

1.
2.
3.
4.
5.
6.

STEP- 2

What do you like in life?

General or specific things.E.g. "I love to travel", " Talking to people", "I like playing table tennis", "Being alone", "Photography "

1.
2.
3.
4.
5.
6.

STEP - 3

What don't you like?

General or specific things. E.g. "I don't like working with computers", "I don't like numbers"

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

STEP - 4

What are your strengths and weaknesses?

What you are good and what you are not good at.

Strengths

Weaknesses

- | | |
|---------|---------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |

STEP - 5

Abilities/ Skills

What can you do best? How do you see yourself? E.g. Motivated, bright, skilled, methodical.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

STEP -6

Values

What matters to you most? For instance, being a good mother/ father, have my own business, have independence.

- 1.
- 2.
- 3.
- 4.
- 5.
-

STEP - 7

Career Goals

Long term milestones in your career path.

- 1.
- 2.
- 3.

4.
5.
6.

STEP - 8

Success factors

What do I consider as "success" in my life. E.g. Good health, position, happiness, famous.

1.
2.
3.
4.
5.
6.