Individual Assessment

How well do you know yourself?

Planning a career starts with a solid self-understanding. If you are at the beginning of your career journey, you may not have reflected on or be able to articulate your values, strengths and interests. These are important components of your identity and clues to your motivations and dreams.

**Use this sheet as a first step in your exploration process.**

**Step 1: Thinking, Observing, Gathering Information**

Ask yourself:

1. What matters to me (my values)?
2. What am I good at (my strengths)?
3. What do I enjoy doing (my interests)?

Ask others who know you well for their observations of you in these areas.

Observe in the moment, when you find yourself:

1. Curious, focused, your interest is held
2. Feeling proud and accomplished when you’ve completed a project or task
3. Feeling passionate about a particular option or perspective
4. Gravitating toward certain projects, assignments, or job tasks
5. Admiring a person for something—what they do, or how and why they do it.

**Step 2: Use the grid below to make notes about each of the areas as they become clear to you.**

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| --- | --- | --- | --- | --- |
| Professional Values | Strengths | Interests | Goals | Comments |
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