

WHO AM I, ANYWAY?

Career Self Assessment Worksheet

When it comes to job searching, selling yourself can be one of the hardest parts. You know that you are perfect for the role, but how do you convey that to your potential new employer or hiring manager?

Let's face it - talking about yourself is hard! But that's exactly what you need to do in order to land that perfect job.

Self-reflection is something that many people struggle with. The questions on this worksheet are designed to help you overcome that struggle. They will get you *really* thinking about yourself so you can better determine what career paths you are most suited for.

Take your time answering these questions. There's no need to rush! You might not be able to complete this in one sitting. Come back and update it as your subconscious uncovers new insights or things you might have missed or forgotten about. Don't be afraid to ask someone you trust for help if you need it.

Remember, there are no right and wrong answers here, as long as you are being honest with yourself.

Are you struggling to find the right words? I've got you covered with [500+ Descriptive Words](#) that can help.

I describe myself as (eg: hard-working, motivated):

I identify myself as (eg: a teacher, a millennial):

People describe me as:

I would like to be described as:

I would like to be known for:

As a child, some things I wanted to be when I “grow up” included:

My talents and skills include:

I excel at:

I consider myself to be an expert at:

I can easily achieve:

I've received praise or recognition for:

I am most proud of:

I need to work on:

I've received negative feedback for:

I have potential in:

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I want to improve:

I want to learn:

I am interested in:

Things that matter the most to me are:

I am inspired by:

I am naturally drawn to:

I tend to lose track of time when I'm:

In my spare time, I:

I used to participate in hobbies/activities including:

I quit or stopped participating in these hobbies/activities because:

If I didn't need to work, I would spend my time:

If I knew I couldn't fail, I would:

If I knew I could never retire, I would:

It is important that at work I have/do:

I get the most satisfaction at work from:

At work, I wish I more involved in:

At work, I wish I was able to:

I want to help:

I want to help people with:

I want to work with people/organizations who are:

I do not want to work with people/organizations who are:

I want to work in an environment that is:

I do not want to work in an environment that is:

To be successful, I need:

To be successful, I want:

I am happiest at work when:

I am unhappy at work when:

I am angry or upset at work when:

A good day at work includes:

A bad at work includes:

My favorite job/experience involved:

My least favorite job/experience involved:

I stand out from other potential candidates by/with:

Barriers I need to consider include (eg: medical conditions, lack of transportation):

My current professional goals include:

The easiest questions to answer from this worksheet were:

The hardest questions to answer from this worksheet were:

The themes or trends that came up throughout this exercise are:

The most surprising things that I learned from this exercise is:

The biggest takeaway I have from this exercise is: