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# Career Assessment

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# CAREER ASSESSMENT

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List the various roles you have had from most recent to oldest. List the things you loved or disliked about each role. Then take some time to look for the key themes and answer the questions below.

ROLES (CURRENT TO OLDEST)	WHAT I LOVED ABOUT THIS ROLE	WHAT I DISLIKED ABOUT THIS ROLE

- Review the list and identify the key themes
- What areas and situations generate energy and passion for you?
- What areas and situations drain you of your energy?
- What are some of your key take-aways?

# SELF REFLECTION

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1. What type of work do you like to do?
2. What type of work brings you fulfillment?
3. What skills do you want to be using? What skills are you good at? Where is the cross-over between these two questions to help you hone in on what you may do best?
4. What are your strengths and how do you use them in your work?
5. What do you want to get out of your work?
6. What working environment is important to you?
7. What do you not like or not want in your work?
8. What are some of your core values that should be present in your work (e.g. balance, integrity)

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