Self-Assessment Worksheet

Time travel in your mind to your birthday in the year you retire. Write a letter from your future self to your current self. Date your letter. What have you accomplished? What career advice would you give to your current self?

“A journey of a thousand miles begins with a single step.” What is the next step in your career? State it as a SMART career goal i.e. Specific, Measurable, Achievable, Realistic, and Time-bound

What do you want from coaching?

What do you expect to learn from coaching?

What are your strengths?

What are your weaknesses?

What is the one talent or skill you have that has never been utilized in a job setting?

What does your dream job look like?

Describe your ideal day at work.

Are you ready to invest the time, money and effort into achieving your next career goal?