



## SELF-AWARENESS: THE FIRST STEP IN ANY CAREER JOURNEY

Use the following worksheet to help you make effective decisions about your future and set you on a course to achieve career success.

Consider the following:



### Discover what makes you unique

1. Your personal brand
2. Understand your *Why*
3. Be authentic



### Assess your core strengths

1. What do people come to you for when they need help?
2. Does this align with what you want people to come to you for?
3. What words describe your personality?
4. Know your competencies
5. It's about your role not your job description



### Identify your Values

1. Think about your top 3 values
2. Values are your motivators/drivers to perform at your best
3. They are the foundation for making decisions and enjoying what you do and feeling fulfilled
4. They represent what is most important to you
5. Notice if your values align with your company's values



### Identify your Interests/Your Passions

1. What do you enjoy most on the job?
2. What interests do you have?
3. What areas would you like to learn more about?



### Learn and Tell Your Story: People learn through stories. Your story is helpful to others, so share it.

1. What did you do before?
2. What has changed?
3. What did you learn from your experiences?
4. What patterns can you observe in your story?
5. Is there someone who you observed make a change?

**TAKE ACTION.** Review your responses and then write down 3 steps you can do to get started on your journey today.