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Self-Assessment Quiz

In addition to looking to outside sources for information, there's another rich source of data: yourself. Knowing what you want to do begins with knowing yourself—the real you. That's because the better you understand your own wants and needs, the better you will be able to make decisions about your career goals and dreams. This self-assessment inventory can help.

What do you admire most, and why?

What is your greatest strength?

What is your greatest talent?

What skills do you already have?

Describe how you currently use these skills in your life:

Athletic ability _____

Mechanical ability _____

Ability to work with numbers _____

Leadership skills _____

Teaching skills _____

Artistic skills _____

Analytical skills _____

Check the areas that most interest you:

- Providing a practical service for people
- Self-expression in music, art, literature, or nature
- Organizing and record keeping
- Meeting people and supervising others
- Helping others in need, either mentally, spiritually, or physically

- Solving practical problems
- Working in forestry, farming, or fishing
- Working with machines and tools
- Taking care of animals
- Physical work outdoors
- Protecting the public via law enforcement or fire fighting
- Selling, advertising or promoting

What gives you satisfaction?

Answer the following questions True (T) or False (F)

- T F I get satisfaction not from personal accomplishment, but from helping others.
- T F I'd like to have a job in which I can use my imagination and be inventive.
- T F In my life, money will be placed ahead of job security and personal interests.
- T F It is my ambition to have a direct impact on other people's lives.
- T F I am not a risk-taker and would prefer a career that offers little risk.
- T F I enjoy working with people rather than by myself.
- T F I would not be happy doing the same thing all the time.

What matters most to you?

Rate the items on the list below from 1 to 10, with 10 being extremely important and 1 being not at all important.

- ___ Good health
- ___ Justice
- ___ Marriage/family
- ___ Faith
- ___ Fame
- ___ Beauty
- ___ Safety
- ___ Friendship
- ___ Respect
- ___ Accomplishment
- ___ Seeing the world
- ___ Love
- ___ Fun
- ___ Power
- ___ Individualism
- ___ Charity
- ___ Honor
- ___ Intelligence
- ___ Wealth

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