The first step in career development journey is knowing yourself. Taking time to evaluate your personal skills, interests, and values can help you know who you are, what you want, and what you have to offer a future employer.

**SKILLS**

What are your 5 greatest strengths?
What do other people say you do well?
In groups, what strength do you bring to the team? What role do you play?
List your personality skills or “soft skills.”
What skills have you learned from your academic coursework?
What skills have you learned from professional experiences?
What comes naturally to you when you do work?
What unique skills do you have? (Language, computer, hobby)

**INTERESTS**

What do you find to be fun and energizing?
What do you like to read about?
What kinds of activities give you a sense of satisfaction and fulfillment?
What organizations do you admire, why?
Who are people you most admire and what qualities do you want to emulate?
What courses/subject areas do you enjoy?
What jobs have you had? What did you like or dislike about them?
What topics/ideas challenge and inspire you?

**VALUES**

What is important to you in the environment you work in?
What do you believe about leadership at work?
What role do you like to play at work?
What missions or causes are passionate about?
What type of company/organization could you not work for?
How important to you is the location of your work? Do you want to travel?
What is most important to you about the work you do?
Take a short values inventory found on Monster.com or on ACT profile

**REFLECT**

Use this space to write a few sentences or create a word-cloud about your skills, interests, and values based on your answers. What patterns and themes do you see?

*Consider meeting with a Career Coach to discuss your answers and continue the exploration discussion. Coaches also have other resources to further self-exploration and insight.*