

# Career Self-Reflection Questions

## Your Strengths:



What do others usually come to you for advice on?

---

What are your 3 proudest accomplishments?

---

What qualities does your manager usually praise you for?

---

## Your Passions:



What are you usually the most excited to work on?

---

If money weren't a problem, what would you spend everyday doing?

---

What activity makes you lose track of time?

---

## Your Work Style:



Do you work most productively alone, or in a team?

---

How much feedback and involvement do you prefer from your boss?

---

Do you prefer working regular hours or a more flexible schedule?

---



# Career Self-Reflection Worksheet

## Your Strengths:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

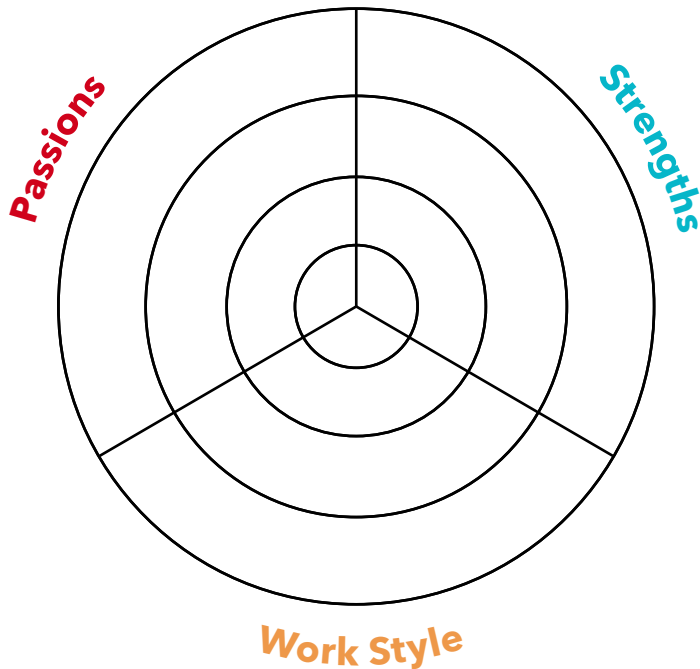
## Your Passions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Your Work Style:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Starting from the center, color in levels to reflect on the degree to which your previous position matched your preferences:



## Things you liked at your previous job:

---

---

---

---

---

---

---

## What you want in your next job:

---

---

---

---

---

---

---

## Career Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

