

# Sample Career Self-Assessment

## General Questions

I update my career plan each year.				
Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Prioritize what you value most right now:				
Recognition	_____			
Compensation	_____			
Position/Title	_____			
Location	_____			
Company	_____			
Work-Life Balance	_____			
Leading others	_____			
Profession	_____			
Other	_____			
Someone else reviews my career plan with me each year.				
Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree

## PIE Formula for Career Success

Theme	Question
Exposure	The right people know about my talent. Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree
Exposure	The right organizations know me. Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree
Exposure	I connect with recruiters and or recruitment agencies each year. Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree
Image	My internal voice about my career is positive. Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree
Image	I maintain a positive attitude. Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree
Image	My brand is clear. Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree
Performance	My performance is outstanding. Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree
Performance	My professional development is ongoing. Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree
Performance	I put my head down and work hard. Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree

## Strategic Career Action (List your top three ideas)

What	When

**Reflection:** Document your primary takeaway from today.

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