



Self Reflection

Ask yourself these 9 questions. Don't overthink your answers, write down the first thing that comes to mind. This is a POSITIVE exercise to help you consider what you like doing, what you're good at, where you could focus your attention and where you might want to head in the future.

I'm at my most productive
at work when I am...

I feel proud of myself when I...

I could spend hours focusing
on / talking about...

People tell me I shine when I...

People tell me they
appreciate how I...

People that give me
energy are usually...

I'd like to spend more
of my work time...

I'd like to learn more about...

If I could do any job, I'd be...

Reflection

Once you've completed the exercise, ask yourself what does this tell me about myself and my career?

1 What did you learn or remember about your preferences and interests?

2 Were there any surprises or something you hadn't considered yet?

3 Did you notice any themes or threads that connected your various interests?

4 What, if any, of these do you feel are integral to your satisfaction at work?