



For this exercise, get a notebook or electronic device and number your page 1-8. Then, think about the questions below and write a response to each one. Be honest and thorough - no one else will see your answers! The more completely you answer, the more material you'll have at the end of the exercise to inform you of your strengths, and how you can best apply them in your career.

1. Think broadly about yourself in a professional sense. What tasks or activities do you love doing? Why?
2. Which tasks do you avoid, dread, or dislike doing? Why?
3. What gives you energy?
4. What drains your energy?
5. If your career or job were perfect, how would it look? What would you spend your day doing?
6. What 3 tasks or features of your current work would you eliminate if you were able to?
7. Do you enjoy working and brainstorming with others on projects, or do you work better alone?
8. When working with others, do you often take the lead or prefer to follow someone else's lead?