

Career Insights

Self-Discovery

Toolbox



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Discovery
TOOLBOX



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Questionnaire

Answer these questions by checking the appropriate box

	Yes	Sometimes	No
I am confident and positive about my life			
I have supportive and nurturing habits			
I am financially happy and relaxed about money			
I have confidence in my ability to communicate			
I have plenty of time to myself to do what I want			
I believe in my ability to succeed			
I manage my own affairs with ease			
I look forward to the future			
I have plenty of new opportunities in my life			
My personal life is in balance			

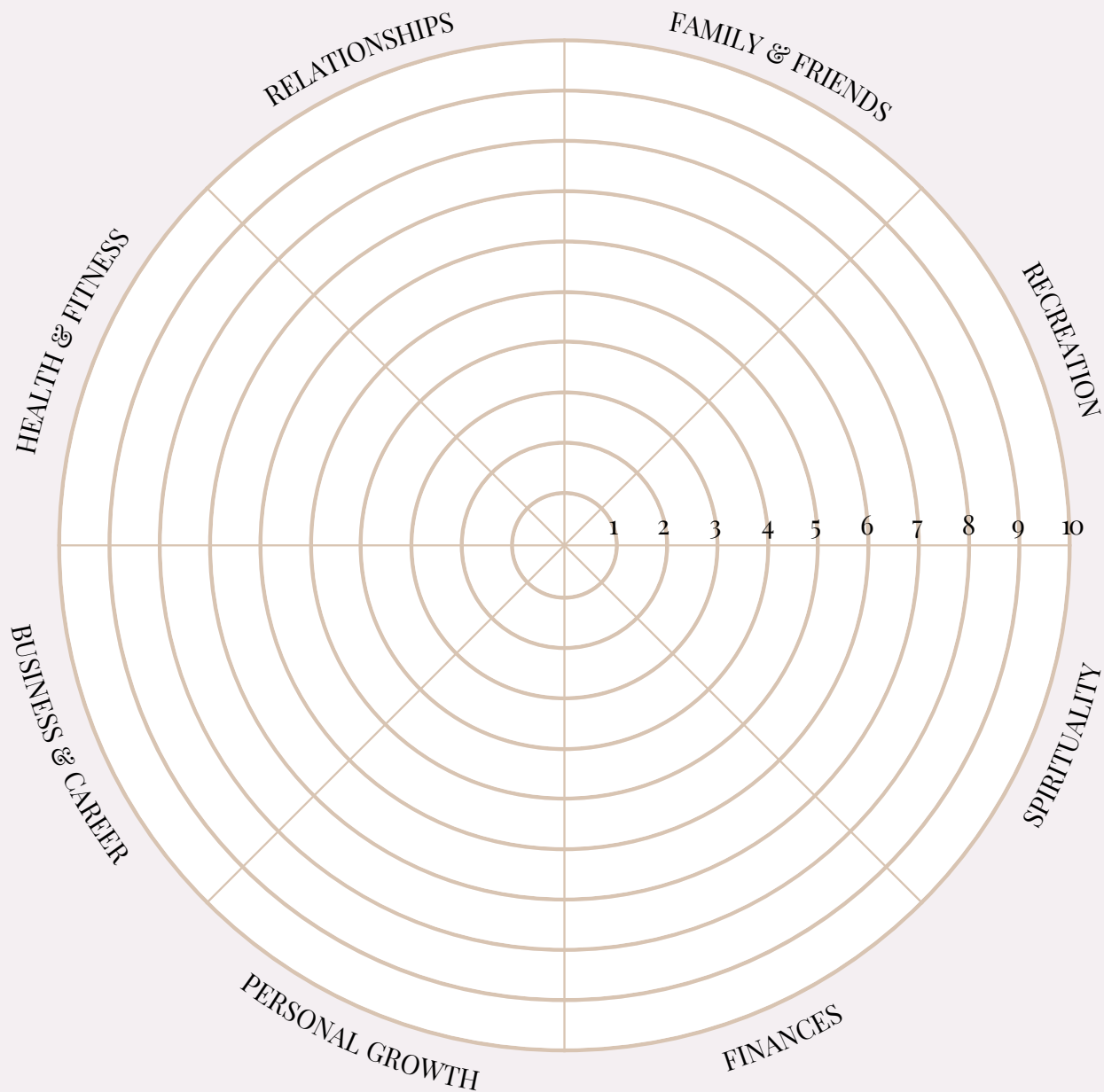
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WHEEL OF *life*

Think about the 8 Wheel Categories and decide how satisfied you are with your life in each of these areas. Draw a line across each section to represent your satisfaction score out of 10. Join up the lines to see your Wheel of Life map.

MONTH _____



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WHEEL OF *life*

Using your Wheel of Life as a reference, answer the following questions to reflect on how you currently feel about these areas of your life.

Look at the balance in your wheel. How do you feel about your results?

What area are you most pleased with?

Which area surprised you the most?

Which area would you like to improve?

How will you improve in this area?

What will you need to improve?

What steps will you take to move closer to balance?

What help and support would you need to make these changes?

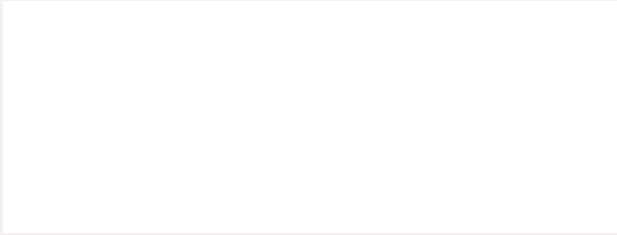
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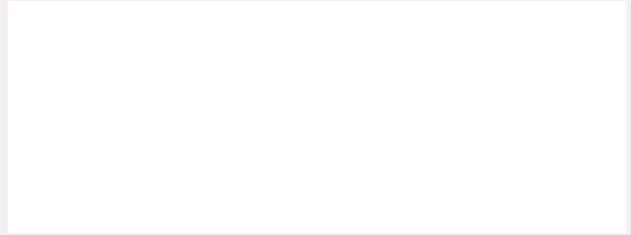
WHEEL OF *life*

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.

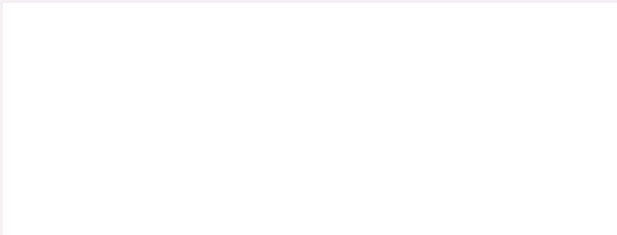
FAMILY & FRIENDS



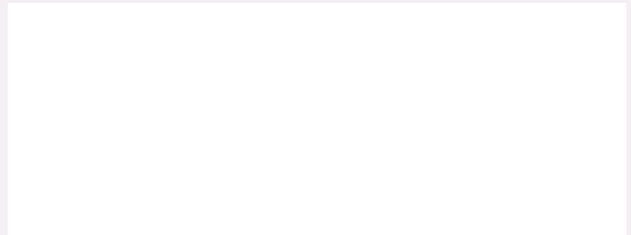
RECREATION



SPIRITUALITY



FINANCES



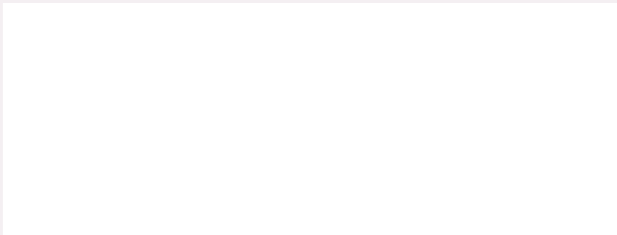
PERSONAL GROWTH



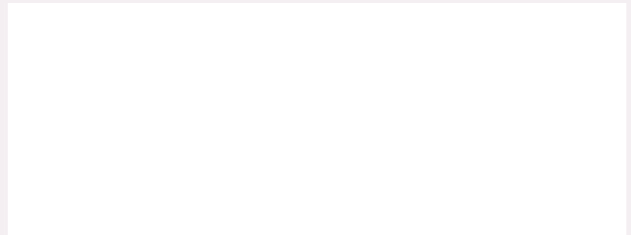
BUSINESS & CAREER



HEALTH & FITNESS



RELATIONSHIPS



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LOOK TO THE *future*

Look into your future, and make notes on how you want your life to look in 6 months, 1 year and 5 years time.

MY LIFE IN 6 MONTHS

Personal:

Career:

MY LIFE IN 1 YEAR

Personal:

Career:

MY LIFE IN 5 YEARS

Personal:

Career:

Complete this statement:

To achieve this, I need to be someone who:

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MY VALUES *bingo*

This bingo game is designed to help you identify the values are important to you. Circle any of the traits below that apply to you.

CONFIDENCE	LOVE ADVENTURE	AMBITIOUS	BEING IN CONTROL	BEING A ROLE MODEL
BEING OUTDOORS	CAREER ORIENTED	COMMUNITY MINDED	CREATIVE	COMPETITIVE
NURTURING	LOYAL	SPIRITUAL	SUCCESSFUL	EFFICIENT
FAMILY	HONESTY	FREEDOM	HARD WORK	IMPACTING OTHERS
SECURITY	WISDOM	CONNECTION	FRIENDSHIP	JUSTICE

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DISCOVERING MY *Self*

Designed to help you capture a better view of your most important likes, interests, and values you will use to help guide you through current and future decisions.

TOP THINGS I NEED MOST TO IMPROVE MY LIFE TODAY:

At home:

At work:

On Myself:

3 THINGS I AM MOST PROUD OF TO DATE:

1:

2:

3:

3 THINGS I VALUE MOST RIGHT NOW:

1:

2:

3:

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3 THINGS I CAN ACCOMPLISH IN THE NEXT 6 MONTHS:

1:

2:

3:

WHAT I BELIEVE I AM HERE TO DO (PURPOSE):

WHAT MATTERS MOST TO ME RIGHT NOW:

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DISCOVERING MY *Self*

Designed to help you capture a better view of your most important likes, interests, and values you will use to help guide you through current and future decisions.

TYPES OF PEOPLE WHO BEST MATCH MY VALUES & GOALS:

- 1:
- 2:
- 3:
- 4:
- 5:

WHAT TO DO FIRST (BASED ON PREVIOUS ANSWERS):

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