* **Name your 3 main technical skills and support them with arguments.**
* Communication
* Teamwork
* Problem-solving
* **Name your 3 main generic skills (Soft Skills) and support them with arguments.**
* Creativity
* Adaptability
* Conflict resolution
* **Name 3 of your main values and 3 of your main anti-values.**
* **3 of your main values:**
* Teamwork
* Career
* Learning
* **3 of your main anti-values:**
* Ideology
* Hardness
* Exclusivity
* **Name 3 necessary skills that you would like to build or acquire.**
* Critical thinking
* Positive attitude
* Organisation
* **Name your professional objective (SMART)**
* Specific: The goal should be very precise with no room for misinterpretation.
* Measurable: The goal should be quantifiable, and progress should be easy to track.
* Achievable: The goal should be attainable — not outlandish or unrealistic.
* Relevant: The goal should contribute to your broader, overarching goals.
* Time-bound: The goal should have a defined start and end date.