

Self-Assessment Activity

Objective

This activity aims to help you identify core values, strengths, energizers, and key experiences to enhance self-awareness for making choices about future careers. Tools: Journaling about your week, Journaling using Shadow Work prompts, Personality Assessments like Myers-Briggs or DISC, consulting with loved ones you trust.

Instructions

1. Core Values

Reflect on the values that guide your decisions and actions. What three principles are most important to you and why? List your core values that you feel define your character. Examples: Kindness, teamwork, creativity, money, honesty, family and friends.

2. Strengths & Weaknesses

What skills are your top three strengths? How do they show up in your life, whether in school or with friends? Examples: writing, problem-solving, listening, creating, friendly, independent. There will also be a time when you are asked what your greatest weaknesses are. Identify them and how you can work to improve them. Examples: Procrastination, overly sensitive, public speaking.

3. Energizers

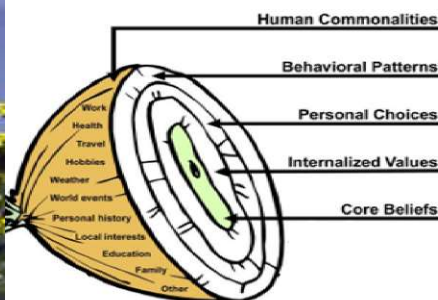
What top three activities or tasks make you feel excited and recharged? These may or may not overlap with your strengths, but they are things that you genuinely love to do. Examples: helping others, hanging out with friends, playing sports, time alone.

4. Key Experiences and Lessons Learned

Think about the top three significant moments in your life that have shaped who you are today. These can be events, achievements, challenges, or turning points. Then reflect on the lesson that you learned and how it contributed to your growth and understanding. Examples: An accomplishment, a new place or experience, a failure that taught you something important, resilience after a major change.

4. Reflection

What insights have you learned about yourself? How can you use these insights from your values, strengths, energizers, and experiences to communicate what sets you apart during a job interview and to help guide you when making career path choices?



Core Values

Value	
Value	
Value	

Strengths & Weaknesses

Strength		Weakness	
Strength		Weakness	
Strength		Weakness	

Energizers

Energizer	
Energizer	
Energizer	

Key Experiences and Lessons Learned

Experience & Lesson	
Experience & Lesson	
Experience & Lesson	

Reflection

Optional: 30 Days of Journaling Prompts to Build Self-Awareness

Discovering Yourself Through Reflection

1. What does my perfect day look like? Imagine a day where everything goes exactly how I want it to. Who am I with and what am I doing? What about me makes me feel content and fulfilled? What choices did I make that lead to my happy life? Describe what it looks like in 5 and 10 years. Be as detailed as possible.
2. Who is someone I look up to? What qualities do they have that I admire? Why do I admire those qualities?
3. What steps can I take to achieve my short-term and long-term goals? How can I define success for myself for next year and in 5 years? What have I changed or accomplished?
4. How do the people in my life—friends, family, teachers influence my thoughts and feelings? Who do I spend a lot of my time with? Are they a good influence, do they make me feel support and understood, and do they have qualities I admire? Or do they feel like a constant battle that leaves me feeling drained?
5. What situations or people tend to make me feel stressed or anxious, and how do I usually respond? What does responding in a healthier way look like? How can I better manage my stress and anxiety or set better boundaries when things don't feel healthy?
6. What fears or insecurities hold me back, and how can I begin to take steps to overcome them? What resources can I utilize so I change my perspective and mindset?
7. How do I handle difficult emotions, and what can I do to manage them in a healthier way? What things can I try to soothe myself or distance myself from triggers? Do I prioritize and regulate my emotions or do I dismiss and minimize them until I explode?
8. What are some beliefs that shape my view of the world and my role in it? Where did these beliefs come from and are they serving me to be my best self?
9. When was the last time I felt proud of myself? What led to that feeling? What makes me feel the most confident, and how can I create more of those situations?

10. How do I react to failure or criticism, and do I take it personally? What can I learn from those experiences and how can I reframe them to see the positive and opportunity for growth?
11. What are some things that I truly want out of life and what type of person do I want to be? Are my words and actions in alignment with what I claim I want? Or are there ways that I self-sabotage?
12. How do I spend my free time, and what does that say about my priorities?
13. What motivates me to work hard, and what drains my motivation? Who is someone who has motivated me, how did they do it? Who is someone I consider to be motivational, what about them inspires me?
14. What role does social media play in my life, and how does it affect my mood or self-esteem? Do I do a good job of limiting my screen time so I don't get distracted from other things that are important to me?
15. Do an online personality assessment. What insights did I learn about myself? What are things that I already knew and weren't a surprise?
16. How do I show kindness to others, and how do I like to receive kindness in return? Do I voice my wants directly so people can show me kindness how I want to receive it or do I expect people to read my mind?
17. What's one thing I would like to communicate to someone important to me that I wish they knew? What is stopping me from telling them? Is it more worth it for them to know how I feel, how can I be more open?
18. How do I make decisions, and do I tend to trust my intuition? If not, how can I start practicing listening to my intuition and drowning out noise? Even when I know what I have to do, do I still seek advice and influence or over analyze to procrastinate the action or to allow myself to be pressured and second guess?
19. What's something I've learned about myself through a difficult situation or relationship? What are somethings I did that I want to do differently next time? What do I want to be forgiven for?
20. How do I typically handle conflict, and what can I do to resolve conflicts more effectively? Do I escalate the situation by getting riled up and lashing out or do I stonewall and shut down or am I a de-escalator that remains calm, respectful, and understanding? Which one do I want to be? How can I be more like it?

21. When was the last time I stepped out of my comfort zone, and how did it feel? Why did I feel this way? What happened in my past that caused me to react that way emotionally? What emotions have I been avoiding?
22. What do I wish I could change about myself? How can I embrace self-criticism and empower myself to take actionable steps toward self-improvement and creating the person I want to be?
23. What's one part of my identity that I'm proud of, and how does it shape who I am?
24. How do I practice self-care, and how can I do a better job of spending quality time enjoying my own company and giving myself time for rest and recovery and more clarity?
25. How do I practice self-discipline, and is there anything I want to change about my approach? In what ways do I do a good job of parenting myself and what habits need improvement?
26. Are there ways that I can be unreasonable or unfair or hard to deal with in relation to others? Are there ways I've hurt others without meaning to? What can I learn about myself from it so I can do better next time? What actions can I take so I can do my part in contributing to healthy relationship dynamics?
27. What is one self-limiting belief I have about myself, and how does it hold me back from reaching my potential? Is that belief really true, and where did it come from? What does the evidence I have say?
28. If I could change something about my childhood, what would it be? Why would I change it? What parts of my personality might be defenses against early pain that I experienced as a child?
29. When I think about success, how much of my definition is based on what others expect from me? Is this something I have to accept? Does it align with what will make me happy and fulfilled?
30. What ways can I be more kind, fair, and compassionate to myself? Do I beat myself up over mistakes or do I give myself grace that I did the best I could? Do I advocate for myself and acknowledge that my feelings are valid? Do I prioritize my energy to meet my own needs first? Do I talk to myself kindly and respectfully?

Great job diving into these journaling prompts! This kind of self-reflection can be challenging, but you're doing an amazing job. Remember, exploring the roots of your beliefs and values is an ongoing journey. Keep challenging yourself to align your choices with your true self. Make it a habit to check in with yourself regularly and reflect on your thoughts and feelings. This practice will help you grow and thrive as you discover more about who you are.