CareerTrack
Coaching

Self Reflection Handout

What are your greatest passions and interests?

What activities or topics make you feel energized and excited?

If you had unlimited resources and opportunities, what would you choose to do with your time?

What are your core values and beliefs?

What principles do you hold dear in both your personal and professional life?

How do these values align with your career choices and potential employers?

What are your strengths and unique abilities?

What skills and talents do you possess that make you stand out?

How can you leverage these strengths in your future career?

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What are your long-term objectives and aspirations?

Where do you see yourself in 5 years, 10 years, or even further into the future?

What kind of impact do you hope to make in your chosen career?

What kind of work environment brings out the best in you?

Do you prefer working in a collaborative team setting or independently?

Are you drawn to a fast-paced, dynamic work environment, or do you thrive in a more structured and organized setting?

What challenges or obstacles do you expect to encounter in your career?

How do you handle adversity and setbacks?

What steps can you take to overcome challenges and continue progressing in your career?

What kind of work-life balance do you envision for yourself?

How important is work-life balance in your career decisions?

What strategies will you implement to maintain a healthy balance between your professional and personal life?

What industries or fields intrigue you the most?

Are there specific industries or areas of work that capture your curiosity?

How can you explore these industries further to gain a deeper understanding of potential career paths?

What achievements or milestones do you hope to reach in your career?

What are some short-term and long-term goals you want to accomplish?

How will achieving these milestones contribute to your overall career fulfillment?

What role does continuous learning and professional development play in your career vision?

How important is staying updated with industry trends and acquiring new skills?

What steps can you take to ensure you remain a lifelong learner and grow in your chosen field?

Notes: