

Self-Assessment Worksheet

Complete the following self-assessment work sheet as honestly as you can. Just write down whatever comes to mind; don't over-think the exercise. Most likely, your first response will be your best. Once you've finished the exercises, look for patterns (i.e., is there a need for a business doing one of the things you like or are good at?).

1. List at least five to seven things you like to do or are good at.

2. List five to seven things you are not good at or you don't like to do.

3. If there were three to five products or services that would make my personal life better, what would they be?

4. If there were three to five products or services that would make my business life better, what would they be?

5. When people ask what you do, what's your answer (list one occupation or whatever mainly occupies your week)?

6. List five things you enjoy about your work.
