

# 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.

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

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

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

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

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6. List five things you enjoy about your work.

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