

Name: _____

Date: _____

Career Development

worksheet

STRENGTHS

What are my key attributes? What do others say I do well? What skills am I most proud of?

SHORTCOMINGS

What areas do I need to develop? What do I struggle with? What feedback have I received?

OPPORTUNITIES

What skills can I leverage more to achieve new or specific goals? What do others say I should consider pursuing? What am I interested in?

OBSTACLES

What obstacles prevent me from performing my best, pursuing new opportunities, and achieving my goals? What is holding me back?