



Self-Assessment Exercise: Your Profile

For best results, use the summaries from self-assessment worksheets on interests, values, skills and personality.

List your top 3-5 interests:

- 1)
- 2)
- 3)
- 4)
- 5)

List your top 5 values; circle any that are core values:

- 1)
- 2)
- 3)
- 4)
- 5)

List your top 5 personality traits:

- 1)
- 2)
- 3)
- 4)
- 5)

List the top 3-5 skill or skill sets you most want to use:

- 1)
- 2)
- 3)
- 4)
- 5)

Summary Sentence Write a possible sentence describing a potential career for you that incorporates your interests, personality, values and skills: