

What Do I Want?

Thanks to www.petersons.com for this assessment

In addition to looking to outside sources for information, there's another rich source of data: yourself. Knowing what you want to do begins with knowing yourself—the real you. That's because the better you understand your own wants and needs, the better you will be able to make decisions about your career goals and dreams. This self-assessment inventory can help.

What do you admire most, and why?

What is your greatest strength?

What is your greatest talent?

What skills do you already have?

Describe how you currently use these skills in your life:

Athletic Ability:

Mechanical Ability:

Ability to work with numbers:

Leadership skills:

Teaching skills:

Artistic skills:

Analytical skills:

Check the areas that most interest you:

- _____ Providing a practical service for people
- _____ Self-expression in music, art, literature, or nature
- _____ Organizing and record keeping
- _____ Meeting people and supervising others
- _____ Helping others in need, either mentally, spiritually, or physically
- _____ Solving practical problems
- _____ Working in forestry, farming, or fishing
- _____ Working with machines and tools
- _____ Taking care of animals
- _____ Physical work outdoors
- _____ Protecting the public via law enforcement or fire fighting
- _____ Selling, advertising or promoting

What gives you satisfaction? Answer the following questions True (T) or False (F)

I get satisfaction not from personal accomplishment, but from helping others.
True False

I'd like to have a job in which I can use my imagination and be inventive.
True False

In my life, money will be placed ahead of job security and personal interests.
True False

It is my ambition to have a direct impact on other people's lives.
True False

It is my ambition to have a direct impact on other people's lives.

True False

I am not a risk-taker and would prefer a career that offers little risk.

True False

I enjoy working with people rather than by myself.

True False

I would not be happy doing the same thing all the time.

True False

What matters most to you?

Rate the items on the list below from 1 to 10, with 10 being extremely important and 1 being not at all important.

- _____ Good Health
- _____ Justice
- _____ Marriage/family
- _____ Faith
- _____ Fame
- _____ Beauty
- _____ Safety
- _____ Friendship
- _____ Respect
- _____ Accomplishment
- _____ Seeing the world
- _____ Love
- _____ Fun
- _____ Power
- _____ Individualism
- _____ Charity
- _____ Honor
- _____ Intelligence
- _____ Wealth

Circle each if the skills below that you would rate yourself with an A or B skill level AND that you enjoy doing!

achieving	rendering	lecturing	displaying
advising	resolving	making	dramatizing
ascertaining	risking	memorizing	empathizing
budgeting	separating	navigating	examining
classifying	shaping	operating	extracting
completing	solving	painting	formulating
conserving	supervising	piloting	giving
coping	systematizing	prescribing	helping
delivering	telling	producing	implementing
developing	translating	predicting	informing
discovering	typing	raising	installing
distributing	unifying	recommending	interviewing
editing	verbalizing	referring	judging
estimating	writing	reprinting	lifting
explaining	acting	responding	managing
filing	analyzing	scheduling	mentoring
generating	assembling	serving	negotiating
having	building	sharing	ordering
responsibility	coaching	sorting	perceiving
illustrating	composing	supplying	planning
increasing	consolidating	taking	presenting
inspecting	counseling	instruction	programming
integrating	designing	tending	providing
inventorying	devising	traveling	reading
learning	dispensing	umpiring	reconciling
maintaining	diverting	uniting	rehabilitating
meeting	eliminating	washing	reporting
motivating	evaluating	adapting	restoring
offering	expressing	anticipating	selecting
overseeing	following	assessing	setting
photographing	getting	calculating	showing
preparing	heading	collecting	speaking
processing	imagining	computing	symbolizing
proof-reading	influencing	constructing	talking
questioning	inspiring	creating	testing & proving
receiving	interpreting	detailing	treating
reducing	investigating	diagnosing	understanding

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observing
organizing
performing
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sensing
sewing
sketching
summarizing
synthesizing
team-building
transcribing
tutoring
undertaking
utilizing
working

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Next, list your skills according to these categories”

Physical

Mental

Dexterity

Artistic

Alone

People

Other

What trends can you identify?

What types of work come to mind that will optimize your skills AND give you joy?

What action are you willing to take to make your skills more integrated into your life?



I've shown 1,000's of women how to let go of what is holding them hostage and step into their purpose, power and potential. Would you like to learn more? Check out my Coaching packages and 'On Purpose' Power Products at www.SusanBock.com

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Have Questions? Give me a call 714-847-1566

Or send me an email: Susan@SusanBock.com