

# Self Assessment

PREP™

## Pause



Launching a new career or considering a change can stir up anxiety or confusion.

Where do I begin? What do I want to do? What can I do?

Before these questions mount up and feel paralyzing PAUSE.

Move through the following steps strategically to save time and effectively assess your next career move.

## Reflect



### Ask yourself these 10 questions:

What are your skills? (Consider hobbies, social interactions, work experiences, education, etc... Nothing is too small)

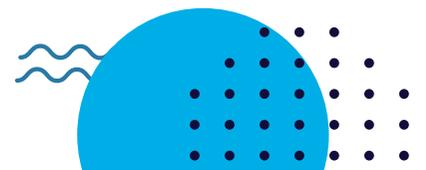
---

---

What are your personal strengths? (qualities such as detail-oriented, outgoing, empathetic)

---

---





**What motivates you?** (personal fulfillment, financial security, professional advancement, social impact)

---

---

**What would you pursue if not for external factors?** (fear, skills, money, time, childcare)

---

---

**What experiences have you had that you loved?** (work, personal, volunteer)

---

---

**What are your proudest accomplishments?** (work, personal, volunteer)

---

---

**What are the things that you do not enjoy doing or find challenging?**

---

---

**Are there skills that you are interested in learning or developing?**

---

---

**What did you want to grow up to be when you were a child?**

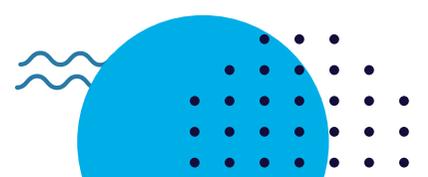
---

---

**What ignites passion within you?** (Think of the moments where time flies)

---

---





# Evaluate

Assess your answers and observe common threads, patterns or themes. For ex.

- ▣ Your hobbies, childhood dreams, and passion all involve creativity but your fear is not knowing how to turn it into a job.
- ▣ Your favorite work and personal experiences include collaborating with others, socializing and creating an impact.
- ▣ Your accomplishments involve planning events, your favorite pastime is organizing and your strength is being detail-oriented.
- ▣ You do not see an obvious theme. You may be a jack-of-all-trades who loves doing lots of different things. There are many careers that require this.

Reach out to friends and family for feedback and insight.  
We often overlook our own strengths and skills.



# Pursue

When you have a good sense of what you love to do and where your strengths lie then you can direct your attention to opportunities that best suit you

Now put it all together

- ▣ Connect the common threads
- ▣ Prioritize the elements that are most important to you.

Research & Explore

- ▣ What career paths work with your responses? Use this [guide](#) to assist you.
- ▣ Which industries suit your values? Use this [guide](#) to assist you.



[www.momup.com](http://www.momup.com)

