



SELF-ASSESSMENT QUESTIONS

Directions: Jot down ideas with the help the guide on page 2

WHAT ARE YOUR KEY VALUES?	WHAT SOFT SKILLS DO YOU POSSESS?	WHAT TECHNICAL SKILLS DO YOU POSSESS?
WHAT NATURAL APTITUDES DO YOU HAVE?	WHAT'S YOUR PERSONALITY LIKE?	WHAT ARE YOU INTERESTED IN?

Self-Assessment Guide

What are your key values?

- Definition of values: principles that are important to you
- Example answers: financial stability, helping others, independence

What soft skills do you possess?

- Definition of soft skills: attributes and perspectives that allow individuals to engage and communicate effectively with others and efficiently perform tasks
- Example answers: time management, communication, confidence, problem-solving

What technical skills do you possess?

- Definition of technical skills: expertise on specific tasks and specific tools
- Example answers: data analytics, planning, research, bilingualism/multilingualism, photography

What natural aptitudes do you have?

- Definition of natural aptitudes: innate talents to perform or learn certain tasks
- Example answers: leadership, persuasiveness, adaptability, detail oriented

What's your personality like?

- Example answers: quiet, outgoing, confident, loyal

What are you interested in?

- Example answers: technology, writing, medicine, design

Reference

Herrity, J. (2025, January 28). *How to choose a career that fits your values and goals*. Indeed.

<https://www.indeed.com/career-advice/finding-a-job/how-to-choose-a-career>