Identifying Strengths and Values

Often, the first step in career development is self-reflection. Once you understand your interests, abilities, and values, you can start to identify which career fields may best match your personal strengths. Examining your past experiences, as well as your present involvements, can help you see trends that correlate with vocational aspirations.

One valuable lesson that life experience has taught me is:

_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

If I were to win an award, it would probably be for:

_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

One of my best personal qualities is:

_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

The kind of situation where I seem to perform at my best is:

_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

With each passing year, I feel more and more qualified to:

_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
Identifying one’s values is an essential step in discovering the type of career field, work environment and organization that will be a good fit for an individual.

Circle the top 2 values in each column that align with your most important personal values.