

Self Assessment # 1: Career Goals Survey

What are your immediate and long term career goals, and what obstacles may be in your way. Writing them down helps you visualize your plan and frame your goals in a new way.

Name:

Date:

1. My immediate job/career goal is: _____

2. My long-term career goal is: _____

3. Challenges that may make it more difficult for me to achieve these goals:
(Please rank in order of order greatest difficulty all that apply)

Personal:

- Age
- Family Obligations/Issues
- Fear of Failure
- Fear of Success
- Gender
- Interpersonal Skills
- Lack of Personal Network
- Motivational Level
- Uncertainty About How to Obtain Goal
- Unclear Direction
- Verbal Skills
- Written Skills
- Other (Specify)

Professional/Organizational:

- Education
- Lack of Experience
- Lack of Knowledge about Field/Job
- Lack of a Mentor
- Lack of a Professional Network
- Lack of a License/Certification
- My Boss
- Office Politics
- Lack of

4. The three most significant obstacles I may encounter during my professional employment search are:

1. _____
2. _____

3. _____

5. Steps I can take to overcome these obstacles are:

Obstacles:

1. _____

2. _____

3. _____

Steps:

1. _____

2. _____

3. _____

6. It is always good to have a contingency plan as a “back-up”, so my alternative goals are:

7. My rewards if I achieve my goals are: _____

8. The first step(s) I will take on (date) _____ towards my goal(s) are the following:

1. _____

2. _____

3. _____

Congratulations!!!
You're on your way to career success!!!!