

Questions to determine what your goals are:

Strengths:

- *What am I really good at?*
- *What types of tasks do I seem to excel at?*
- *What types of work do I seem to lose track of time while doing and see as fun, not work?*
- *When do I feel I'm at my best?*
- *What types of tasks come naturally to me?*
- *What do others compliment me about?*

Weaknesses:

- *What do I perceive as my weaknesses?*
- *What types of tasks don't seem to go so smoothly for me?*
- *What tasks have I invested a lot of time to get better at, but don't seem to make improvements?*
- *What feedback have others shared with me that I could improve upon?*

Gaps:

- *Are there any key professional experiences that I have limited exposure to?*
- *Are there fundamental knowledge gaps or experiences that I'm lacking which will be necessary in my desired future career?*

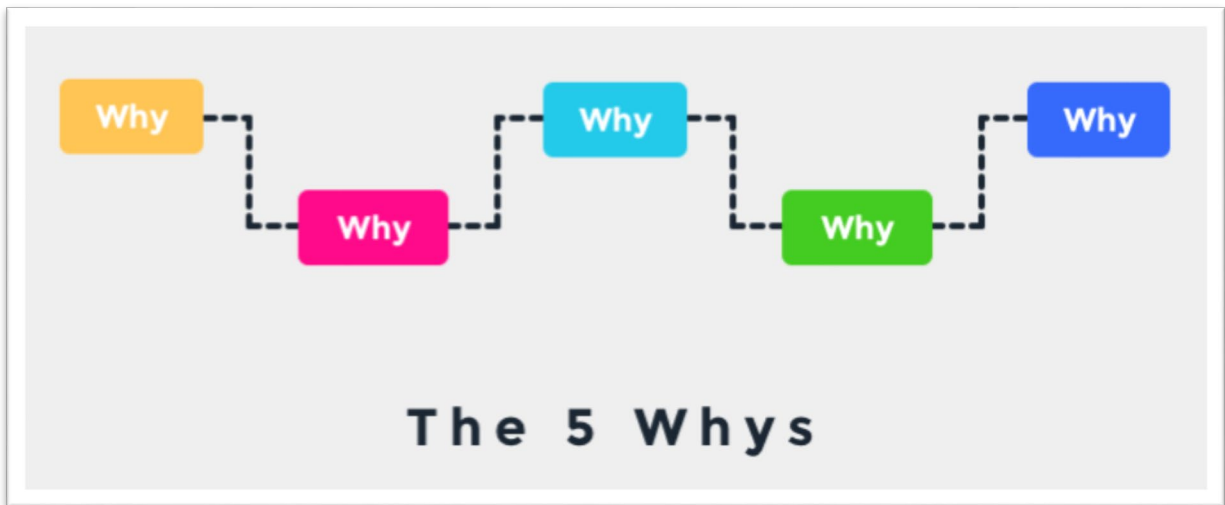
Vision for Career Growth:

- *What are my big picture dreams and hopes for the future?*
 - *What are some smaller steps that get me closer to that big picture dream?*
- *What does my dream job look like? What type of work? Who would I work with/for?*

My goal is....

Why do I want to achieve that goal?

- *Ask yourself the “5 Whys” to get to the deeper motivation around your goals.*



- *What would life look like if/when I achieve this goal?*
- *Why is this goal important for my development?*