

# Pre-assessment

## What confidence do you currently have in your career direction?

Use this assessment to get a sense of the level of confidence you have in the career direction you are currently heading in. You'll see this same assessment again at the end of the course so that you can track your progress.

ASSESSMENT  
QUESTION

SCORE OUT OF 10  
(10 BEING STRONGEST)

- |    |   |       |
|----|---|-------|
| #1 | How well do you know your ideal lifestyle and have a worklife vision that includes a purposeful contribution?                       | _____ |
| #2 | Have you established your core work values so you know what to look for in people and companies you want to work with?              | _____ |
| #3 | Can you articulate your strengths, interests, and abilities that would be of interest to people willing to pay you?                 | _____ |
| #4 | Do you have a list of possible next career directions, areas that inspire you and you'd like to learn more about?                   | _____ |
| #5 | Have you set up realistic steps to explore these areas so that you can get a better idea of the nuances and get a foot in the door? | _____ |

Total, out of 50: \_\_\_\_\_

**Ok, let's do this!**

