

Personal Assessment

Proactively assessing our personal and professional goals and performance periodically helps us learn how to achieve our goals and obtain fulfillment in both our personal and professional lives. Reflect upon the past year and place an “X” in the appropriate box in the table to *rate yourself in the categories that apply to you*, adding categories as necessary. This exercise helps you quickly assess where you are concentrating your efforts and offers a tool for reflecting upon the areas in your life that you may want to focus on improving. The “Expectations” are yours and apply to the extent that you are satisfied with yourself in these areas. For a more comprehensive perspective ask others to complete both the Personal and Professional Assessments on your behalf.

Category	Does Not Meet Expectations	Meets Expectations	Exceeds Expectations	Comments
Mind (Learning, Intellectual Stimulation, etc.)				
Body (Health & Wellness)				
Spirit (Recognize & Connect)				
Family				
Friends				
Community				
Fun				
Fulfillment				
Financial				
Has a reputation for adding value				
Other				
Other				
Observations:				

Visit <http://tuesdaystrong.com> for additional Career Management tools.