

Self-Reflection Toolkit

Self-reflection will help you identify the things that matter to you most in finding your path. The scope of this toolkit is to allow you to reflect by reading the various questions and responding yourself, so make sure to grab a piece of paper or feel free to print this section out.

Try your best to answer the questions as honestly as possible and don't worry, these are not exam questions you need to get correct!

Your thoughts and ideas can change in the future and that is completely normal. The objective here is just to reflect within yourself and put down the answers that you feel are right for you. Once you've answered the questions, it is highly recommended that you save a copy of your answers so that you can look back at them in the future!

Name _____ **Date** _____

My notes



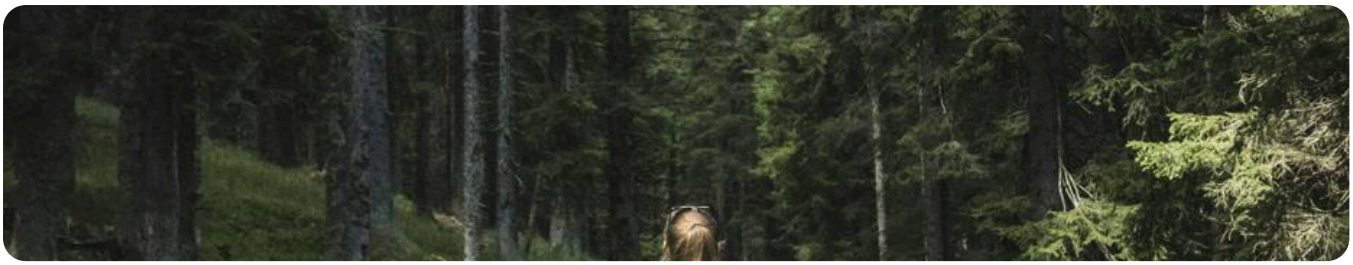
1. Answer the following 3 questions:

(list down whatever comes to mind)

What am I good at?
Think about your strengths and skills.

What am I interested in?
Think about subjects as well as tasks.

What's important to me?
Think about your values and motivation.



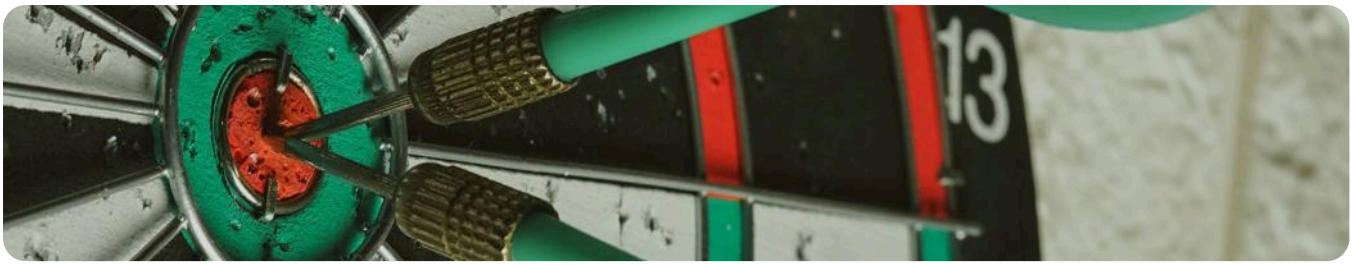
2. My Experiences: Looking backwards to help me move forwards

Think about previous experiences (maybe a school project, a homework, an exercise, a discussion you had with someone etc.) in which you found yourself feeling invested and satisfied.

What were they?

Why do you think you enjoyed them?

What patterns can you find between the different experiences? Do they have anything in common?



3. Self Assessment – Skills and Strengths

This exercise will help you recognise your skills and which you enjoy using the most. It is important to see which skills mean the most to you and how you apply these skills to everyday life. Understanding which skills you wish to keep working upon and developing is vital to following and achieving your goals.

What would you say are your biggest strengths?

What skills do you have which you appreciate the most?

If there had to be a competition in any activity of your choice, which one do you think you'd win and why?

You can name more than one and they can be as random as you want!



4. Career Interests and Motivation: What's important to me about my potential work?

This activity allows you to identify and prioritise what factors are important to you in your next steps. (It's ok if you don't have concrete answers, just list down anything that comes to mind)

What are you interested in?

What do you see your future self doing?

What motivates you in life?

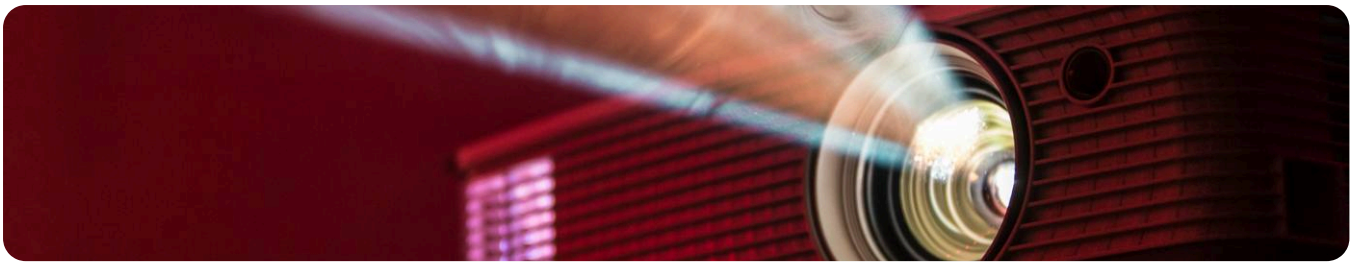


5. Who is your favourite fictional character?

Look at the characteristics of this character and why you like them.

What values do they have which make them your favourite?

Which careers can carry these values?

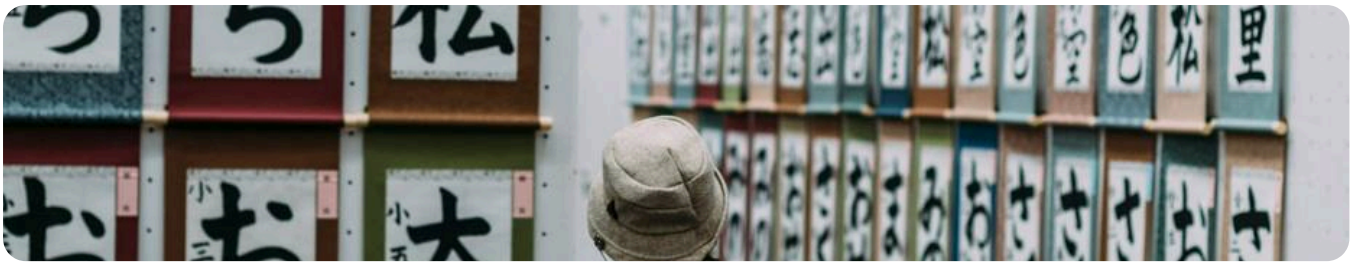


6. What is your favourite book and/or movie?

Look at the essence of this story and why you like it.

What underlying values and themes does it have which makes it appealing to you?

Would you like this story to be your story in a way? How?



7. Who is a person or icon/role-model you look up to?

Look at the traits of this person and why you admire them.

What actions do they do which make you look up to them?

Which careers can allow you to act this way?



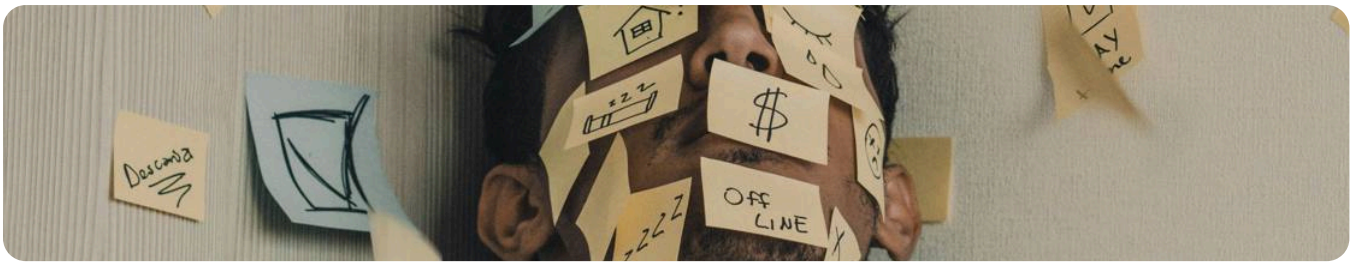
8. What kind of music hypes you up?

(this does not need to be your favourite kind of music)

Is it the lyrics themselves or the music which has the most effect on you? Why do you think that is?

What atmosphere does this create for you in your mind?

How does this music reflect or align with the energy and motivation you seek in your daily activities and tasks?



9. What activities help you relieve stress?

How do these activities relate to the work you'd like to do?
For example: somebody who likes to run every day might prefer a more physically active job.



10. Imagine yourself five years from now, where would you like to see yourself?

What do you see yourself doing and how does that align with your goals and values?

How can you achieve this?
Break it down into small steps.