

10 Self-Reflection Questions to move you Toward the Career of Your Dreams

1. How do you want your life to be?
2. What are the 10 most important work values to you?
3. What would you do if time, money, and experience were not a concern?
4. What would you do or learn if you knew you couldn't fail?
5. What are you passionate and energized by?
6. What are your current skills, abilities, and talents?
7. What is stopping you from moving forwards and achieving your goals, including any self-limiting beliefs about yourself?
8. What beliefs do you need now to achieve the life of your dreams?
9. What are all of your choices?
10. What will you commit to now to move forwards?

(Extension) Activity 30. Self-Reflection Questions to Ask and Answer to Move You Toward the Career of Your Dreams

(Source: http://EzineArticles.com/?expert=Louise_A_Newson)

QUESTION: HOW DO YOU WANT YOUR LIFE TO BE?

CONSIDERATIONS: Think about what you would like to experience on a day-to-day basis. If you were totally 100% happy with your life what would that look like? What do you want to be doing a year from now or five years from now?

ANSWER:

QUESTION: WHAT ARE SOME OF THE MOST IMPORTANT WORK VALUES TO YOU?

CONSIDERATIONS: Some examples are: independence, helping others, challenge, advancement, risk taking, change and variety, prestige, stability, making a difference, social status, leadership, making decisions, security, artistic creativity, self expression, adventure/excitement, public contact, mental stimulation, travel, working alone, etc.

ANSWER:

QUESTION: WHAT WOULD YOU DO IF TIME, MONEY, AND EXPERIENCE WERE NOT A CONCERN?

CONSIDERATIONS: After you've travelled, bought you and your family a house and car, etc., what would you do next if there were no limits?

ANSWER:

QUESTION: WHAT WOULD YOU DO OR LEARN IF YOU KNEW YOU COULDN'T FAIL?

CONSIDERATIONS: Put fear to one side and allow your imagination to work without restrictions. Would you start a brand new career or start your own business?

ANSWER:

QUESTION: WHAT ARE YOU PASSIONATE AND ENERGIZED BY?

CONSIDERATIONS: What do you love doing? What could you talk about for hours? What would other people you know say if I asked them?

ANSWER:

QUESTION: WHAT ARE YOUR CURRENT SKILLS, ABILITIES, AND TALENTS?

CONSIDERATIONS: If you struggle to answer this, as many people do, ask three significant people in your life what they think are your skills and talents. You may be surprised!

ANSWER:

QUESTION: WHAT IS STOPPING YOU FROM MOVING FORWARDS AND ACHIEVING YOUR GOALS, INCLUDING ANY SELF-LIMITING BELIEFS ABOUT YOURSELF?

CONSIDERATIONS: You need to identify anything that is holding you back. It may be a physical issue (e.g. you don't have the necessary qualifications), or it may be mental (e.g. you don't believe you can succeed). Whatever it is, identify it and deal with it (e.g. take a course to earn a qualification or credential, read a book about self-esteem, or ask a teacher or a counselor to help you).

ANSWER:

QUESTION: WHAT BELIEFS DO YOU NEED NOW TO ACHIEVE THE LIFE OF YOUR DREAMS?

CONSIDERATIONS: In order for you to have your perfect career, what would you have to believe about yourself to make that a reality (e.g. "I have achieved many great things in my life, and I deserve to have the career of my dreams.")

ANSWER:

QUESTION: WHAT ARE ALL OF YOUR CHOICES?

CONSIDERATIONS: Brainstorm all your possible choices. Don't start to evaluate them at this stage, just get them all onto paper.

ANSWER:

QUESTION: WHAT WILL YOU COMMIT TO NOW TO MOVE FORWARDS?

CONSIDERATIONS: Now evaluate all of your options and decide on a path to take. Create an action plan of all the steps you'll need to go through to achieve your goal, and if necessary get support from an adult you trust.

ANSWER:
