

10A

10A GamePlan

Free Career Readiness Self-Assessment

Identify what may be blocking your income, advancement, confidence, and career growth - then name your next step.

Name the blocker. Build the plan. Move forward.

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Name:

Date:

Before You Start

This self-assessment is not about shame. It is about awareness. Many people want better income, stability, and opportunity, but they do not always know what is standing in the way. The 10A GamePlan helps you look at ten areas that can quietly affect how you show up, prepare, follow through, and move toward the opportunity you say you want.

How to score yourself

Score	Meaning
1	Rarely true for me right now
2	Sometimes true, but inconsistent
3	Mostly true, but needs work
4	Strong area for me
5	One of my strengths and habits

Enter a score from 1 to 5 for each statement. Add the three scores in each section to identify your strongest areas and your growth areas.

Do not overthink it. Be honest about where you are today, not where you wish you were.

10A Self-Assessment

1. Acknowledgement

Statement	Score (1-5)	Total
I can honestly name where I am in my career, income, habits, and readiness.		
I recognize the choices, barriers, and patterns that have affected my progress.		
I am willing to face what needs to change without making excuses.		
Section total calculates in the Total box.		

2. Accountability

Statement	Score (1-5)	Total
I follow through on commitments even when no one is checking on me.		
I take ownership of my role in missed opportunities, delays, or setbacks.		
I have systems, reminders, or support that help me stay consistent.		
Section total calculates in the Total box.		

3. Attitude

Statement	Score (1-5)	Total
I manage frustration, correction, and disappointment without shutting down.		
I show up with a mindset that communicates willingness, professionalism, and maturity.		
I can receive feedback without taking it as rejection.		
Section total calculates in the Total box.		

4. Appearance

Statement	Score (1-5)	Total
My clothing, grooming, communication, and online presence support the opportunities I want.		
I understand that appearance includes how I present myself in person and digitally.		
I make intentional choices about how I show up before important opportunities.		
Section total calculates in the Total box.		

5. Attentiveness

Statement	Score (1-5)	Total
I listen carefully, follow instructions, and pay attention to details.		
I ask clarifying questions instead of guessing or assuming.		
I notice expectations, workplace culture, and unspoken professional cues.		
Section total calculates in the Total box.		

10A Self-Assessment

6. Ability

Statement	Score (1-5)	Total
I understand the skills required for the role, career, or income level I want.		
I am actively building the technical, soft, or professional skills I need.		
I can explain my value, experience, and transferable skills clearly.		
Section total calculates in the Total box.		

7. Awareness

Statement	Score (1-5)	Total
I understand how my decisions, habits, and environment affect my growth.		
I pay attention to opportunities, resources, deadlines, and next steps.		
I know what gaps may be limiting my income or advancement.		
Section total calculates in the Total box.		

8. Acceptance

Statement	Score (1-5)	Total
I can accept where I am today without allowing it to define my future.		
I am willing to accept guidance, correction, coaching, and new information.		
I understand that growth may require discomfort, discipline, and change.		
Section total calculates in the Total box.		

9. Achievement

Statement	Score (1-5)	Total
I set clear goals and break them into realistic action steps.		
I track progress instead of only thinking about what I want.		
I celebrate progress while continuing to work toward the next level.		
Section total calculates in the Total box.		

10. Advancement

Statement	Score (1-5)	Total
I am preparing now for the opportunity, promotion, business, or career I say I want.		
I seek exposure, relationships, and information that can help me move forward.		
I have a next-step plan for increasing income, stability, or career growth.		
Section total calculates in the Total box.		

Your Results

Write each section total below. Your highest scores show areas you can build on. Your lowest scores show the areas that may be blocking progress or need more attention.

10A Area	Score	What this may reveal
Acknowledgement		Clarity about your current reality
Accountability		Follow-through and ownership
Attitude		Readiness to receive feedback and keep going
Appearance		How your presence supports your goals
Attentiveness		Detail, listening, and professional awareness
Ability		Skills, confidence, and value positioning
Awareness		Exposure, information, and opportunity recognition
Acceptance		Willingness to learn, adjust, and grow
Achievement		Goal setting and progress tracking
Advancement		Preparation for the next level

Total Score and Readiness Level

Total Score:

Readiness Level:

Scoring guide

Total Score	Readiness Level
120-150	Strong foundation. Keep building your plan and preparing for advancement.
90-119	Growing foundation. You have strengths, but a few areas need intentional work.
60-89	Development needed. Pick one or two priority areas and create a simple action plan.
30-59	Start here. This is a great time for coaching, structure, exposure, and support.

My 10A GamePlan

Use your lowest scoring areas to choose your next move. Do not try to fix everything at once. Start with the area that would create the most immediate progress in your life, career, or income.

My strongest 10A area is:

The area I need to work on first is:

One blocker I need to name is:

One action I can take this week is:

One person, resource, or program that can support me is:

My next 30-day goal is:

Reflection

What did this assessment confirm for me?

What did this assessment challenge me to address?

What opportunity am I preparing for now?

Ready to move from awareness to action?

Guided Pathways Career Services helps individuals and organizations build career readiness, confidence, accountability, and advancement plans through the 10A GamePlan framework.

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