

This self assessment exercise should only be used by people trained in the use of career counselling skills, and, in any case, in conjunction with a one-to-one or workshop discussion. It should not be placed on any intranet system without this provision. If used with a client, the career counsellor should take particular care to position the exercise so that the client's expectations are realistic of what it can achieve and how it can be used within the career discussion.

Enjoyable events		
Events	What I found enjoyable	What I gained or learned
1		
2		
3		
4		
Comments/Surprises/Implications/Patterns:		

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Satisfying achievements		
Achievements	What I found satisfying	The skills and qualities I used
1		
2		
3		
4		
Comments/Surprises/Implications/Patterns:		

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Blocks and bridges	
My goal:	
Blocks	Bridges

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Statement of intent	How?	How?	My commitment 1–10	How realistic? 1–10	By when?
1					
2					
3					
4					
5					