



EMPLOYMENT						
Start with your present or most recent po	osition					
City and State	Your job title	Type of businessYour job title				
What do you like most?						
	ution?					
Employed from	to	Monthly earnings \$				
		iness				
	_	e				
What was your greatest contribution	?					
Why did you leave? Employed from	to	Monthly earnings \$				
		iness				
		e				
What did you like most?						
		Monthly earnings \$				
Employed from	_ to	Monthly earnings \$				
How many years have you worked fu	ull-time or in the home?					
How would your coworkers describe	you?					
,	•					
	EDUCATIO	N				
Circle the last year of school you cor High School 9 10 11		14 15 16 17 18 18+				
High School attended						
		Degree				
Extracurricular activities in school:						
What further education do you plan?						
Describe your favorite teacher.						

What are your goals in life?
What do you think are your professional strengths?
In what areas would you like to improve?
What have you most enjoyed about your past work?
What kinds of work do you find most difficult?
What is a specific example of accomplishment from your past work?
What do successful people have in common?
How do you think most people would describe you?
How would someone who dislikes you describe you?
In what ways are you different from most other people?

Use the scale on the right to indicate how you think your past employers, or other references, will describe you.

5 - One of your primary strengths

4 – A minor strength

3 - Not a strength or weakness

2 – A minor weakness

1 - A serious weakness

Remaining diplomatic when disagreements arise						
	Ability to solve problems independently					
	_ Following instructions from management					
	_ Volunteering to do extra work					
	Getting along with many different kinds of people					
	Ability to communicate effectively with other people					
	. Acting decisively to	-				
	. Accuracy and compl	•				
	——————————————————————————————————————					
	Handling a wide vari	•				
	Skill in handling peo	•				
	. Taking the lead with					
	. Maintaining a high le	•				
	Maintaining a might level of organization Maintaining a positive attitude when things go wrong					
	Adjusting quickly to	-	, ,			
	. Building close worki	•				
	Being firm or assertive with other people, when needed					
	. Handling details with	• •				
	. Consistency of moo	•				
	Solving a variety of					
	. Working cooperative	•				
	. Using persuasive sk		people			
	Punctuality in getting		•			
	Putting in extra hour		5			
	. Versatility in perform					
	, ,	J				
Check the one wor	rd in each box that I	best describes you.				
		<u>-</u>				
☐ Bold	Aggressive	☐ Steady	☐ Spontaneous	☐ Effective		
☐ Cheerful	Outgoing	Demanding	☐ Cautious	☐ Influential		
☐ Consistent	☐ Reliable	☐ Charming	☐ Impulsive	☐ Orderly		
☐ Expressive	☐ Too trusting	☐ Accurate	│ □ Talkative	☐ Careful		
☐ Assertive	Perfectionist	☐ Popular	☐ Quiet	☐ Forceful		
☐ Discreet	☐ Argumentative	☐ Controlling	Decisive	☐ Playful		
Prioritiza thasa ita	ms according to the	importance they h	old for you in your	work Place a 1		
			ext to the third and s			
next to the most in	iportant, a z next te	r the second, a o he	At to the time and 3	o on up to 12.		
Influencing o	thers	Gaining knowledge	Δdvancem	nent annortunities		
Influencing others Gaining knowledge Advancement opportunities High Income						
Providing a service Independence Management support						
Guidelines to follow Being a leader Teamwork						
Ouldelines (C	, IOIIOW	Doning a leader	I Calliwoir	\		

Check all of the words or phrases that you feel describe you.							
Check all of the words Controlling Stubborn Demanding Bold Assertive Patient Soft-spoken Predictable Traditional Worrier Initiator Energetic Active Decision-maker Ambitious Flexible Versatile Adaptable Many skills Multi-talented Skeptical Cynical	Direct Decisive Aggressive Forceful Independent Mild-mannered Discreet Amiable Obliging Conservative A leader Impatient Problem-solver Entertaining Takes-on too much Jack of all trades Can handle anything Lots of abilities Very flexible Versatile performer Critical Suspicious	describe you. People-person Entertaining Popular Outgoing Talkative Perfectionist Thorough Orderly Accurate Meticulous Reliable Steady Self-disciplined Persevering Good follow-through Optimistic Cheerful Positive attitude Happy Trusting A realist Sarcastic	☐ Sociable ☐ Expressive ☐ Good mixer ☐ Openly warm ☐ Love to chat ☐ Detailed ☐ Precise ☐ Careful ☐ Well-organized ☐ Picky ☐ Dependable ☐ Efficient ☐ Conscientious ☐ Industrious ☐ Fussy ☐ Confident ☐ Hopeful ☐ Can-do attitude ☐ Expect the best ☐ Too trusting ☐ Not very trusting ☐ Defensive				
Check all of the words or phrases that other people might use to describe you.							
☐ Controlling ☐ Stubborn ☐ Demanding ☐ Bold ☐ Assertive ☐ Patient ☐ Soft-spoken ☐ Predictable ☐ Traditional ☐ Worrier ☐ Team-player ☐ Supportive ☐ Considerate ☐ Cooperative ☐ Helpful ☐ Creative ☐ Original ☐ Imaginative ☐ Adventurous ☐ Unconventional ☐ Opinionated ☐ Moody	☐ Direct ☐ Decisive ☐ Aggressive ☐ Forceful ☐ Independent ☐ Mild-mannered ☐ Discreet ☐ Amiable ☐ Obliging ☐ Conservative ☐ Thoughtful ☐ Loyal ☐ Competent ☐ Receptive ☐ Diplomatic ☐ Artistic ☐ Unpredictable ☐ Innovative ☐ Daring ☐ Non-conformist ☐ Aloof ☐ Sometimes gossip out the form you have justice	☐ People-person ☐ Entertaining ☐ Popular ☐ Outgoing ☐ Talkative ☐ Perfectionist ☐ Thorough ☐ Orderly ☐ Accurate ☐ Meticulous ☐ Intelligent ☐ Resourceful ☐ Logical ☐ Analytic ☐ Factual ☐ Traditional ☐ Conventional ☐ Conventional ☐ Cautious ☐ Have a temper	Sociable Expressive Good mixer Openly warm Love to chat Detailed Precise Careful Well-organized Picky Reasoning Clear-thinking Fair-minded Open-minded Methodical Don't rock the boat Mild Hesitant Contented Obliging Bossy Temperamental				