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Consider using the worksheet questions below to help you think about yourself. Being honest with yourself about what you like and dislike and what makes you happy or gives you satisfaction is important to effective career planning. Use these questions to help you get ideas about what should be included in your IDP.

Professional Goals and Aspirations

- What activities give you the greatest sense of satisfaction?
- Are there things you want to be doing that you currently are not doing?
- If there is one part of your job that you want to do more of, what is it?
- Is there a part of your current job that you would like to not be doing in the future, what is it?
- In relation to your work, do you see yourself changing roles over time? If so, what does your next role look like?
- What skills will you need to be successful in this next role?

Values

- What do you value most in work and life?
- What motivates you to work the hardest?
 - Doing good for yourself?
 - For a colleague or friend?
 - For your community?
 - For society at large?
- Do you need certain types of challenges to keep from getting bored? Are those challenges physical? mental? intellectual?
- Do you do your best work while working alone or in groups?

Strengths and Development Opportunities

- Technical Knowledge or Skills
- Personal Skills
Managing time, taking initiative, planning and organizing, solving problems...
- Interpersonal Skills
Collaborating with others, working in teams, influencing, listening, resolving conflict...
- Management and Leadership Skills
Motivating others, delegating, coaching, giving feedback, setting goals, strategic planning...