

# Pulling It All Together

In order to integrate all of the information from the self-assessments and to create a holistic picture of yourself, write a summary of each self-assessment section.

## Values

What values are most important to you? After completing one or more of the values assessments, review your results and choose your top five values. Think about what they mean to you:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Interests

What are your favorite interests, both work and non-work related? What are your favorite subjects and why? Try to list at least five. After exploring your interests and completing an interest inventory, list your top five interests:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Skills

After completing a skills assessment, write down the skills that you would most enjoy utilizing in your work (even if you are not proficient at them)? Which favorite skills could you develop and learn better? List the top five skills that are most important to you:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Personality Traits and Characteristics

After completing one or more personality assessments, highlight your most important strengths, characteristics and traits. These qualities form the foundation of your career. Describe them here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Additional Characteristics / Learning Styles / Abilities / Knowledge Areas

List any other important self-assessment information that you have about yourself from the assessments:

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
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## Occupational Options

As a first step in career exploration, brainstorm possible occupations and work fields that you think best match your values, interests, skills and personality. Also, list any potential occupational areas and ideas that were introduced to you in your self-assessment work.

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