



Career Check-up Tool

Are you doing the right things to ensure your future success? Check the circle which best describes you.

1. I have recently taken steps to update my skills and knowledge.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

2. I try to involve myself in as many different areas of the company I work for as possible.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

3. I frequently attend seminars or workshops about my field.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

4. I am knowledgeable about trends of the labor market.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

5. I can identify what are likely to be the skills of the future.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

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Adapted from Maria Marsala – www.elevatingyourbusiness.com

6. I am aware of my key strengths/skills and can easily articulate them.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

7. I am aware of areas in which my skills are weak and am actively working to improve on these areas.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

8. I am the creator of my own opportunities.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

9. I have various contingency plans to activate should my career take an unexpected turn.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

10. I regularly review the path or progress of my career.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

11. When the skill needs of my organization change, I am generally willing and able to acquire the necessary skills.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

12. I typically get along well with others when working on collaborative projects.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

13. If my company were to close tomorrow, I am confident that I would be able to find another job rather easily.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

14. I have a wide range of skills that I could use in a variety of jobs and in a variety of organizations.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

15. I am willing to try new or challenging things.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

16. I strive to succeed in whatever I do.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

17. I set high standards for myself and stick to them.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

18. I make an effort to meet with other professionals in my field, e.g., go to conferences.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

19. I am affiliated with groups or associations linked to my field.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

20. I have a wide range of contacts associated with my profession.

- Strongly Agree
- Agree
- Unsure/Neutral
- Disagree
- Strongly Disagree

Jump Start Your Career!

If you don't feel confident with your current career development, management, or job search, schedule a complimentary 25-minute Jump Start Your Career Strategy Session. To register today, go to www.pathwayscareer.com and click on the "contact" button.

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