Introduction to self-assessment tools
Informal self-assessment

Before you begin, some suggestions for approaching self-assessment and reflection:
• Be curious about yourself
• Be honest (don't give the answers/responses you think you 'should' give)
• Be open-minded rather than judgmental about your answers
• Recognise that this is a process and you will likely need to revisit this
• Recognise that the process of introspection can be challenging
• Give yourself time

Values
1) Below is a list of values, have a read through and circle the ones that jump out as important to you. The list isn't exhaustive, feel free to add your own to it.
2) Once you've done this you whittle the list down to 10 values and then prioritize them. Which is the most important to you? Put them in order of priority from 1 to 10, with 1 being the most important and 10 being the least important. Are you honouring your values currently? If not, what could you change so that you can? Think about what goals you could set yourself so that you can more closely align yourself with your key values.

Achievement	Financial gain	Physical challenge
Advancement	Freedom	Pleasure
Appreciation	Friendships	Power
Autonomy	Fun	Privacy
Belonging	Growth	Public service
Choice	Having an impact	Quality
Community	Helping others	Recognition
Competition	Honesty	Reputation
Contribution	Inclusion	Responsibility and accountability
Cooperation	Independence	Security
Creativity	Influencing others	Self-respect
Curiosity	Integrity	Stability
Decisiveness	Intellectual status	Status
Democracy	Involvement	Truth
Determination	Kindness	Variety
Economic security	Knowledge	Wealth
Efficiency	Leadership	Wisdom
Enthusiasm	Location	Work alone
Ethical practice	Loyalty	Work under pressure
Excellence	Meaningful work	Work with others
Excitement	Money	
Fairness	Novelty	
Fame	Passion	
Family	Personal development	

1) _____
2) _____
3) _____
4) _____
5) _____
6) _____
7) _____
8) _____
9) _____
10)_____

Another way to consider what's important to you is to consider your current role. Using the table below jot down what's most important to you about each item listed in your current role. Once you've done this, read over what you've written, is there anything you'd like to improve?

What is important to you about the following;	
People	
Location	
Working environment	
Organization	
Pay/remuneration	
Prestige	
Work	

Factors that motivate you

Rate the list below of items that really motivate your work.
You have a total of 14 stars (*) to place, if something really motivates you place an appropriately large number of stars next to it (the higher the number of stars the more it motivates you). You don't have to place a star next to every item.

Once you've placed your stars have a look back, reflect on these motivational drivers – are any missing from your current role?

Meaningful work	
Purpose	
Fun	
Autonomy/responsibility	
Sense of belonging	
Progression opportunities/ clear career pathway/personal development	
Helping others in community	
Earnings	
Feedback/recognition/praise	
Intellectual challenge	
Variety of task	
Competitive environment	
Security/no fear of failure	
Status/prestige	