

Taking Stock – A Look at Myself

In the three areas listed below, describe three major accomplishments that were highly satisfying and enjoyable to you. These can come from any time period in your life and can include personal, academic, and/or professional accomplishments. For each experience, describe what made the accomplishment so enjoyable and list the skills you demonstrated. Summarize any trends.

Accomplishment One:

Accomplishment Two:

Accomplishment Three:

When the minutes fly by during the workday, what types of things are you doing?



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Think of the positions you've held at Ohio State or prior to joining the University. What specific aspects of the position(s) have you enjoyed? What sorts of things did you tend to put off or dislike?

Enjoy

Did Not Enjoy

Consider how you spend your time when you are not at work. What interests, hobbies, and activities do you enjoy? What skills and abilities do you utilize in those situations?

Activities/Hobbies

**What I Enjoy Most
About Them**

**Skills/Abilities/
Strengths Used**

If you could do whatever type of work you wanted (no restrictions), what would it be? (Consider pace, type of people you work with, amount of travel, kinds of tasks, location, academic vs. administrative, etc.)

Name three reasons this work is appealing to you:

Do you currently have the skills, knowledge and experience to do the work listed above? If not, what are you missing?

Summary of trends: