

Name: _____



Career-Growth Self-Assessment

Use this assessment to identify where you feel confident, where you may be stalled, and what kind of support could help you move forward. Rate each statement from 1-5.

Rating Scale: 1= Not true for me; 2= Rarely true; 3= Sometimes true; 4= Usually true; 5= Consistently true.

1 Clarity and Direction

Section Score

- 1.I have a clear vision for the next stage of my career.
- 2.I can identify the opportunities that best match my values, strengths, and goals.
- 3.I know which skills or experiences I need to develop next.
- 4.My current priorities support the professional future I want to create.

2 Confidence and Leadership

Section Score

- 1.I communicate my ideas, needs, and boundaries with confidence.
- 2.I am comfortable making decisions even when I do not have perfect information.
- 3.I seek visibility, responsibility, and opportunities that reflect my abilities.
- 4.I respond to feedback and setbacks without losing sight of my value.

3 Actions and Momentum

Section Score

1. I consistently take meaningful actions toward my career goals.
2. I manage competing priorities without repeatedly postponing my own growth.
- 3.I have a realistic plan with specific next steps and timelines.
- 4.I review my progress and adjust my approach when needed.

4 Wellbeing and Sustainability

Section Score

- 1.My work supports the lifestyle and well-being I want.
- 2.I protect enough time and energy for rest, relationships, and personal priorities.
- 3.I recognize when stress, habits, or expectations are limiting my progress.
- 4.I can pursue ambitious goals without relying on chronic overwork.

5 Support and Investment

Section Score

- 1.I have people who encourage my growth and hold me accountable.
- 2.I ask for guidance when I need a fresh perspective or specialized support.
- 3.I am willing to invest time, energy, and financial resources in my development.
- 4.I am ready to commit to a coaching process and follow through on agreed actions.

Scoring Your Assessment. Add your ratings for all 20 statements. Your totals will range from 20-100

80-100: Ready to accelerate. You have a strong foundation. Focus coaching on a specific goal, stretch opportunity, or strategic transition.

60-79: Building momentum. You have several strengths, but inconsistent clarity, confidence, action, or support may be slowing progress.

40-59: Growth needs structure. Competing priorities or unresolved barriers may be limiting forward movement. A focused plan and accountability could help.

20-39: Begin with the foundation. Start by clarifying what you want, restoring capacity, and identifying one manageable next step.

Total Score



Discover Your Next Steps

Now that you have completed your assessment its important to know that your score is not a reflection tool, not a judgement. I suggest that you now review each section separately: the area with the lowest subtotal may indicate where focused support would create the greatest benefit.

Reflection Prompts

- Which three statements recieved your lowest rating?
- What pattern do those ratings reveal?
- What would meaningful progress look like over the next 90 days?
- What has prevented you from kaing the progress on your own?
- What type of guidance, accountability, or resources would help most?

Your Next Step

Choose one action you can complete this week. If you are ready for consistent support, schedule a Discovery Conversation to explore your goals, the barriers you are facing, and whether leadership development or career transition coaching is the right next step.

**NOW ACCEPTING
NEW CLIENTS**



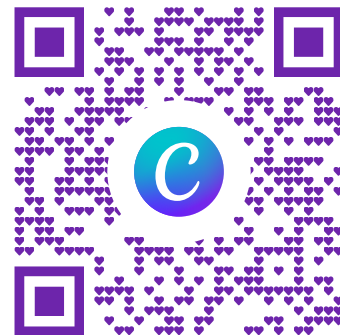
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Scan & Book
Your Discovery
Conversation



My Discovery Call Is Scheduled on:

___/___/___

At: _____ AM/PM