



Assessing my Background, Skills and Goals

This form is for you to take an inventory of your past, present and future so that you may have a better idea of your direction. It is for your reference only.

My Educational Background:

My Skills:

My Likes and Dislikes:

My Experience:

My Short and Long-term Goals:

Where am I Now?

Where do I want to be 1 year from now?

Where do I want to be 5 years from now?

Where do I want to be 10 years from now?

Please press PRINT or you can email it to you at: