

## **Welcome to your Self Evaluation Test.**

It's not really a test as much as it is a discovery or rediscovery of who you are and who you would like to become. Let's begin by getting in touch with our creative side. To do so you're going to have to abandon (temporarily) your daily distractions and pressures. Take a few hours, better yet a day and take part in something you like to do. Go to the beach, a walk in a park, a round of golf, window shopping; whatever it is that makes you feel like you've escaped the hustle-bustle of life. Now that you've had time alone, sit down, take a deep breath and start step one.

### **Step One:**

On a sheet of paper draw a line down the middle. On the left side column title it "Things I like to do". Now start listing everything that comes to mind. Don't make any judgments or editing. If you like to take a nap on Sunday afternoons, write it down. This is an exercise in finding your passions, the things that make you smile and the activities or events you look forward to experiencing. So start writing. Do you like to walk your dog? Put it down on your paper. Watch football? Read a book? Plant flowers? If you like to do it, write it down.

### **Step Two:**

On the right side of your paper at the top of your column write "Things I can do well". This will also include any compliments you've heard, awards you've received or any accomplishments big or small. Examples: Do your friends praise you on your dinner parties, your lawn or your golf swing? If so put it on the list. Many times we don't consider ourselves good at something because we judge ourselves too harshly. This is not the time to be modest. Go ahead indulge. If you can play an instrument put it in this column. Rate your abilities on a scale from 1-10 if you consider your talents even a 5 or better let's consider that something you do well.

What we are trying to accomplish in this self-evaluation is to rediscover "who" you are, not "what" you are. We tend to describe ourselves as our occupations rather than our persona. Examples: "I used to be a real estate agent" or "I had a career in finance". If you've been employed in a specific position or field for many years, it may seem strange at first to redefine your title. You must stop thinking about what you were and replace that with who you are. We're going to exchange our mindset from a business resume to a personal one.

### **Step Three**

On a separate sheet of paper ask your friends and family to write 3 or 4 adjectives that would best describe you. Examples: organized, dependable, loving, fair, go-getter.

### **Step Four**

Answer the following questions for your Personal Resume.

#### **Personal Resume**

1) When you were a young adult what were your career aspirations?

Did they pan out exactly the way you wanted them to? If not why?

2) If you didn't have to worry about making an income what would be your dream job?

3) Do you or did you enjoy working at your last career?

Name 4 things you enjoyed at your last job or career

\_\_\_\_\_

Name 4 things you didn't enjoy.

\_\_\_\_\_

4) What do you do for pleasure with the family and alone?

Family \_\_\_\_\_

Alone \_\_\_\_\_

5) Do you play sports? If so what? Are you playing as much?  
Why not? Do you prefer team sports (hockey, baseball, football, racket ball) or single sports (golf, tennis, rollerblading)?

6) Do you have a fascination with a subject or hobby? Example: can you quote baseball statistics? Do you go to the trekie conventions? Are you a community volunteer?

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7) Answer this question, I'd rather be \_\_\_\_\_ than be at work.

8) What do you see as the 3 best things that might happen if you decided to start your own business? \_\_\_\_\_

What do you fear will happen? \_\_\_\_\_

9) Do you have a support team of parents, spouse, children? How will they feel if you start your own business?

10) If you could live it over again, what is your favorite day of your life so far?

Why?

Congratulations! You've put down on paper what you probably haven't thought about for years.

Now wait a day or so and go back to your two columns; Your "Things I like to do and things I do well". Circle 5 things on each list. Do the same for the descriptive words provided by your friends and family.

The next part of your self evaluation is to make an appointment with a mentor, consultant or community service organization such as an employment center. If you're unemployed perhaps exploring the option of changing careers or starting a small home based business might be in your future. To explore those avenues find your local small Business Development Center, Women's Business Center or SCORE They have career testing, as well as counseling, free training courses and seminars .

Look at the words you've circled on your self evaluation test and show them to your counselor .Or send to my email [newco@cfl.rr.com](mailto:newco@cfl.rr.com) with a short note and I'll be happy to review them with you.

There are many paths you can take on the entrepreneurial journey. By combining your talents, hobbies and passions with your past business expertise you'll be surprised to find an entire new career waiting for you.

Live Your Passion,

*Jean Newell*

[www.newcomarketing.com](http://www.newcomarketing.com)

Things I like to do

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Things I can do well

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.