

## Self-Rating Sheet

For the following questions, enter the appropriate number (1 - 5) on the line to the right of each question.

**1 - Don't Know    2 - Poor    3 - Fair    4 - Good    5 - Excellent**

*How would you rate your current ability:*

1. to identify and rank your interests (*what you like and dislike*)? \_\_\_\_\_
2. to identify and rank your values (*what you think is important*)? \_\_\_\_\_
3. to identify your abilities (*what you're good at*)? \_\_\_\_\_
4. to make decisions which are important to you? \_\_\_\_\_
5. to identify, develop and act on your career goals? \_\_\_\_\_
6. to identify, develop and act on your educational goals? \_\_\_\_\_
7. to identify, develop and act on your personal goals? \_\_\_\_\_
8. to get a clear idea of who you are and where you're going? \_\_\_\_\_
9. to take risks? \_\_\_\_\_
10. to be successful in life? \_\_\_\_\_