



# KNOW YOURSELF

**Use this worksheet to record your information**

**Assessment Directions:**

1. Go to: [careeronestop.org](http://careeronestop.org)
2. Click on *Explore Careers* and then select from one of the following: Values, Interests or Skills.

**ASSESSMENTS:**

**VALUES** [Use CareerOne Stop to complete a Values assessment.](#) Answer the following questions after your assessment is complete.

My top two Values are:

1)

2)

Describe an experience that demonstrates your Values:

**INTEREST** [Use CareerOne Stop to complete an Interest assessment.](#) Answer the following questions after your assessment is complete.

My top three interest areas are:

1)

2)

3)

Describe an experience that demonstrates your Interests:

**SKILLS** [Use CareerOne Stop to complete a Skills assessment.](#) Answer the following questions after your assessment is complete.

My top five Skills are:

- 1)
- 2)
- 3)
- 4)
- 5)

Describe an experience that demonstrates your Skills:

**Reality Check** [Use Reality Check to find occupations that will meet your desired lifestyle.](#)

Click *Select My Expenses* to begin.

To live my desired lifestyle my total monthly expenses will be: \$\_\_\_\_\_.

Click *View Careers That Will Cover These Expenses* and choose three that interest you.

- 1)
- 2)
- 3)

**Self-Reflection Questions**

Additional information I learned from the Learn More materials:

Additional questions or ideas:

My next steps are: