



CENTER FOR CAREER AND LIFE DESIGN COUNSELLING

create a life you love!

Center for Career and Life Design Counselling

WORK-BOOK: PART II SELF-ASSESSMENT WORKSHEETS

A. Strength-Weakness and Competencies Assessment



Unleash Your Potential :
Shape Your Life with Exciting Career Opportunities
to Live with Purpose

Enrolment Form

1. Personal Details

Full Name: _____

Date of Birth: _____

Gender: _____

WhatsApp Number: _____

Phone Number: _____

Email Address: _____

Current Location (City/State): _____

How did you hear about us?: _____

2. Academic & Educational Background

Level of Education	Academic Stream / Subject	Name of Institution	Year of Passing	Marks / CGPA / Grade
Class X				
Class XII / HS				
Undergraduate				
Postgraduate				
Others (if any)				

3. Career / Professional Background (Skip if student)

Current Occupation / Designation: _____

Organization / Institution Name: _____

Work Experience (Fresher / 0–2 yrs / 3–5 yrs / 6–10 yrs / 10+ yrs): _____

Briefly describe your role/responsibilities: _____

4. Briefly describe your aspirations: _____

5. Activities that make you feel energized or fulfilled: _____

6. Things you do not enjoy or want to avoid in your future path: _____

7. Your Current Concern / Purpose of Visit (What brings you here today?) _____

Signature of Client with date: _____

SELF-ASSESSMENT WORKSHEETS TO ASSES AND EVALUATE YOUR CURRENT STATE OF BEINGS

1. SWOT ANALYSIS

Personal SWOT (strengths, weaknesses, opportunities, and threats) analysis is a framework used to evaluate your competitive position in your social and professional life and to develop strategic planning. SWOT analysis assesses internal and external factors, as well as current and future potential. Identifying core strengths, weaknesses, opportunities, and threats leads to fact-based analysis, fresh perspectives, and new ideas. A SWOT analysis pulls information from internal sources (strengths or weaknesses of the specific individual) and external forces that may have uncontrollable impacts on decisions (opportunities and threats).

Personal SWOT Analysis Multiple-Choice Questionnaire

STRENGTHS

1. **Rate the following skills that you have: (excellent: 5, good: 4, average:3, not-so-good: 2, poor: 1)**

Skills	Rating
Analytical thinking	
Communication	
Leadership	
Creativity	
Technical expertise	

2. **What do you do better than others in your peer-group? Give Rating (Best: 5;...poorest: 1)**

Skills	Rating
Problem-solving	
Building relationships	
Managing projects	
Innovating new ideas	
Staying organized	

3. **Which personal resources can you access easily? Give Rating.
(excellent access: 5, good access: 4, average access:3, not-so-good access: 2, poor access: 1)**

Resource	Rating
Mentorship from experts	
Online learning platforms	
Financial resources	
Professional networks	
Technical tools & platforms	

4. **To what extent you can get support in your personal and professional development? Please rate:
(excellent support: 5, good support: 4, average:3, not-so-good support: 2, poor support: 1)**

Network	Rating
Friends and family	
Professional mentors	
Colleagues	
Online communities	
Industry associations	

WEAKNESSES

1. **Which task do you usually avoid due to a lack of confidence? (Tick multiple, if applicable)**

- A. Public speaking
- B. Networking
- C. Data analysis
- D. Negotiation
- E. Creative writing

2. **What would others likely see in you as your weakness? (Tick multiple, if applicable)**

- A. Poor Time management
- B. Lack of Flexibility
- C. Poor Technical skills
- D. Poor in Decision-making skills
- E. Less Attention to detail

3. **Which of these is a negative work habit you exhibit? (Tick multiple, if applicable)**

- A. Procrastination
- B. Disorganization
- C. Short temper
- D. Perfectionism
- E. Lack of focus

4. **Which personality trait might hold you back in your career? (Tick multiple, if applicable)**

- A. Shyness
- B. Impatience
- C. Overconfidence
- D. Risk aversion
- E. Stubbornness

OPPORTUNITIES

1. **Which of these would you like to explore more? (Tick multiple, if applicable)**

- A. Joining new clubs or activities
- B. Leadership roles
- C. Volunteer opportunities
- D. Internships or job shadowing

2. **What resources are available to you that you can access? (Tick multiple, if applicable)**

- A. Academic counselling
- B. Tutoring services
- C. Career guidance
- D. Extracurricular activities
- E. Technology and library resources

3. **Which skills would you like to develop further? (Tick multiple, if applicable)**

- A. Time management
- B. Public speaking

- C. Critical thinking
- D. Collaboration
- E. Creative skills

4. **What future opportunities do you want to prepare for? (Tick multiple, if applicable)**

- A. Higher Studies
- B. Internships
- C. Career exploration
- D. Personal growth
- E. Community involvement

THREATS

1. **What obstacles do you face in your life? (Tick multiple, if applicable)**

- A. High competition
- B. Lack of resources
- C. Family responsibilities
- D. Peer pressure
- E. Health issues

1. **What challenges do you encounter with your workload? (Tick multiple, if applicable)**

- A. Too many assignments
- B. Extracurricular commitments
- C. Part-time job
- D. Lack of study time
- E. Poor organization

2. **What external factors affect your performance? (Tick multiple, if applicable)**

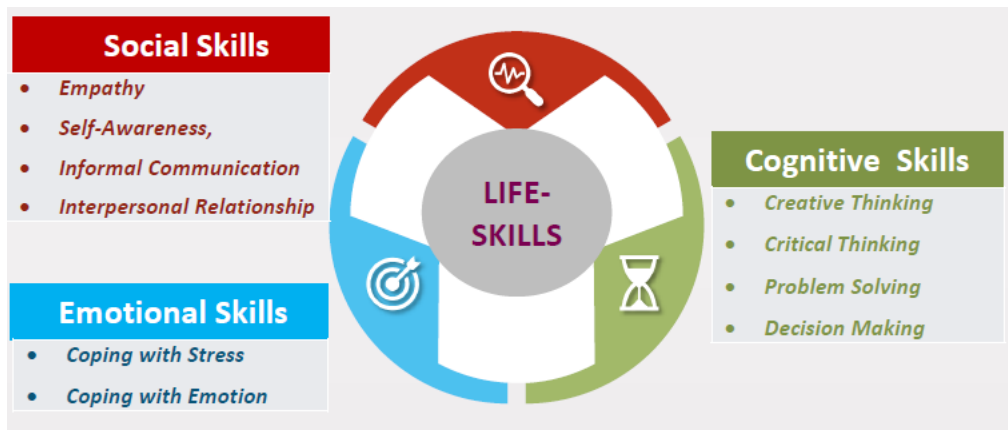
- A. Financial issues
- B. Transportation problems
- C. Family dynamics
- D. Social distractions
- E. Technological issues

3. **What could potentially harm your future plans? (Tick multiple, if applicable)**

- A. Poor grades
- B. Lack of extracurricular involvement
- C. Limited networking
- D. Financial constraints
- E. Uncertain career goals

ANY OTHER COMMENTS:

LIFE SKILLS COMPETENCIES ASSESSMENT



There are evidences that Life Skills, which are a set of psychosocial competencies, can enable young people to protect themselves from a multitude of vulnerable socio-economic environments and risk-taking behaviours. *Life Skills* focus on personal development and include three key components: Social Skills, Emotional Skills, and Cognitive Skills.

Life Skills Competencies Assessment Questionnaire

Section 1: Social Skills

STATEMENT	Strongly No 1	No 2	Neutral 3	Yes 4	Strongly Yes 5
I can easily understand and share the feelings of others (empathy).					
I am aware of my strengths and weaknesses (self-awareness).					
I can effectively communicate in informal settings with friends and colleagues (informal communication).					
I am able to maintain healthy and meaningful relationships with others (interpersonal relationships).					
I actively listen to others and show genuine interest in their opinions.					
I feel comfortable initiating conversations with new people.					
I am good at resolving conflicts in a peaceful and constructive manner.					
I understand the social norms and behaviors expected in different contexts.					
I can work well in a team and collaborate effectively with others.					
I am able to give and receive constructive feedback.					

Section 2: Emotional Skills

STATEMENT	Strongly No 1	No 2	Neutral 3	Yes 4	Strongly Yes 5
I have effective strategies to cope with stress in my daily life.					
I can manage and express my emotions in a healthy way.					
I recognize when I am feeling stressed and take steps to reduce it.					
I am able to stay calm and composed in challenging situations.					
I seek support from others when dealing with difficult emotions.					

I am aware of my emotional triggers and know how to handle them.					
I can bounce back quickly from setbacks and disappointments.					
I practice mindfulness or other relaxation techniques regularly.					
I have a positive outlook on life, even in difficult times.					
I am comfortable talking about my emotions with others.					

Section 3: Cognitive Skills

STATEMENT	Strongly No 1	No 2	Neutral 3	Yes 4	Strongly Yes 5
I often come up with creative solutions to problems (creative thinking).					
I critically evaluate information before making a decision (critical thinking).					
I am good at identifying the root cause of problems and finding solutions (problem solving).					
I make decisions confidently and take responsibility for the outcomes (decision making).					
I enjoy exploring new ideas and perspectives.					
I am able to prioritize tasks effectively and manage my time well.					
I can analyze complex situations and break them down into manageable parts.					
I use logical reasoning to solve problems and make decisions.					
I seek out new learning opportunities to improve my cognitive skills.					
I reflect on my past experiences to inform my future decisions.					

2. CAREER SKILLS COMPETENCIES ASSESSMENT



Career Skills are aimed at preparing individuals for the dynamic and competitive job market. Career Skill Competencies comprises of three core skills that are needed to support 21st century job market: Digital citizenship Skills (a set of skills that includes learning digital skills and becoming digital literate with contemporary digital tools and techniques), Career Preparation skills (which include formal presentation and report writing skills, preparing resume and statement of purpose, improving interview performance , planning for a career abroad) and Career Progression skills (Improving Career Capital, Entrepreneurship Skills for self-employability, professional and personal relationship management and embracing change through strengthening adaptability Quotient).

Career Skills Competencies Assessment Questionnaire

Section 1: Digital Citizenship Skills

STATEMENT	Strongly No 1	No 2	Neutral 3	Yes 4	Strongly Yes 5
I am proficient in using contemporary digital tools and techniques (e.g., collaborative platforms (e.g., Slack, Microsoft Teams, Zoom, etc.), data analysis software, AI tools, etc.).					
I regularly update my digital skills to keep pace with technological advancements.					
I understand and practice online safety measures to protect personal and professional information.					
I can effectively evaluate the credibility and reliability of online information sources.					
I utilize social media and other online platforms effectively for professional development and networking.					
I am familiar with basic coding and programming concepts.					
I can create and manage digital content (e.g., blogs, videos, presentations).					
I understand the principles of digital marketing and apply them when needed.					
I am skilled at troubleshooting and solving common technical issues independently.					
I am aware of the ethical implications of digital technology and strive to use it responsibly.					

Section 2: Career Preparation Skills

STATEMENT	Strongly No 1	No 2	Neutral 3	Yes 4	Strongly Yes 5
I can create professional presentations that effectively communicate my ideas.					
I am confident in preparing a resume that highlights my skills and experiences effectively.					
I can write a compelling statement of purpose tailored to specific career or academic goals.					
I feel well-prepared for job interviews, including understanding common questions and practicing responses.					
I have a clear plan for pursuing career opportunities abroad, including understanding visa requirements and cultural differences.					
I am skilled at formal report writing and can present information clearly and concisely.					
I can articulate my career goals and the steps needed to achieve them.					
I regularly seek feedback on my resume and cover letters to improve them.					
I practice mock interviews to improve my interview performance.					
I stay informed about the latest trends and requirements in my chosen career field.					

Section 3: Career Progression Skills (NOT NEEDED FOR STUDENTS)

STATEMENT	Strongly No 1	No 2	Neutral 3	Yes 4	Strongly Yes 5
I actively seek opportunities to improve my career capital, such as gaining new skills and certifications					
I am developing entrepreneurship skills to enhance my potential for self-employment					
I effectively manage both professional and personal relationships to support my career growth					
I am adaptable to changes in the workplace and industry, viewing them as opportunities for growth					
I regularly reflect on my career goals and adjust them based on new insights and experiences					
I can identify and seize opportunities for career advancement within my current role					
I am proactive in expanding my professional network					
I continuously seek to improve my adaptability by embracing new challenges					
I am comfortable taking calculated risks to advance my career					
I prioritize lifelong learning to stay competitive in the job market					



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WORK-BOOK: PART II
SELF-ASSESSMENT WORKSHEETS

B. Assessment of Life-View



Unleash Your Potential :

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SELF-ASSESSMENT WORKSHEETS TO ASSES AND EVALUATE YOUR CURRENT STATE OF BEINGS

B. ASSESSMENT OF LIFE-VIEW

A life-view is your view on life. It describes what you value in life and what is important for you to live a good life. You have the opportunity to ponder large questions such as what is the meaning of life and other perspectives on life. Most people are aware of what a life-view is and maybe even have a good idea of what they believe theirs to be. Even if you do I think you have a good idea about your life-view it is beneficial to actually assess this. The act of assessing it forces you to reflect further on what you think. Complete the following worksheets to assess and evaluate your life-view:

1. Assessment of Life-View: Aspirations Index
2. Wheel of Life
3. What is My Lifeview?

1. ASSESSMENT OF LIFE-VIEW: ASPIRATIONS INDEX

Aspirations refer to people’s life goals, and SDT research on aspirations has focused on the relative strength of **intrinsic aspirations** (viz., meaningful relationships, personal growth, and community contributions) versus **extrinsic aspirations** (viz., wealth, fame, and image). The Aspiration Index was developed to assess people’s aspirations. Research has revealed that having strong relative aspirations for extrinsic outcomes was *negatively* associated with mental health indicators; whereas, placing more importance on intrinsic aspirations was found to be *positively* associated with mental health indicators.

Please use the following 1-to-7 scale in answering each of the TWO questions about each life goal: not at allmoderately.....very much (1).....(2).....(3).....(4).....(5).....(6).....(7)				
		How important is this to you?	How likely is it that this will happen in your future?	
1	Life-goal: To be a very wealthy person.			Wealth
2	Life-goal: To grow and learn new things.			Personal growth
3	Life-goal: To have my name known by many people.			Fame
4	Life-goal: To have good friends that I can count on.			Relationship
5	Life-goal: To successfully hide the signs of aging.			Image
6	Life-goal: To work for the betterment of society.			Community
7	Life-goal: To be physically & mentally healthy.			Health
8	Life-goal: To have many expensive possessions.			Wealth
9	Life-goal: At the end of my life, to be able to look back on my life as meaningful and complete.			Personal growth
10	Life-goal: To be admired by many people.			Fame
11	Life-goal: To share my life with someone I love.			Relationship
12	Life-goal: To have people comment often about how attractive I look.			Image
13	Life-goal: To assist people who need it, asking nothing in return.			Community
14	Life-goal: To feel good about my level of physical& mental fitness.			Health

	Please use the following 1-to-7 scale in answering each of the TWO questions about each life goal: not at allmoderately.....very much (1).....(2).....(3).....(4).....(5).....(6).....(7)			
15	Life-goal: To be financially successful.			Wealth
16	Life-goal: To choose what I do, instead of being pushed along by life.			Personal growth
17	Life-goal: To be famous.			Fame
18	Life-goal: To have committed, intimate relationships.			Relationship
19	Life-goal: To keep up with fashions in hair and clothing.			Image
20	Life-goal: To work to make the world a better place.			Community
21	Life-goal: To keep myself healthy and well.			Health
22	Life-goal: To be rich.			Wealth
23	Life-goal: To know and accept who I really am.			Personal growth
24	Life-goal: To have my name appear frequently in the media.			Fame
25	Life-goal: To feel that there are people who really love me, and whom I love.			Relationship
26	Life-goal: To achieve the "look" I've been after.			Image
27	Life-goal: To help others improve their lives.			Community
28	Life-goal: To be relatively free from sickness.			Health
29	Life-goal: To have enough money to buy everything I want.			Wealth
30	Life-goal: To gain increasing insight into why I do the things I do.			Personal growth
31	Life-goal: To be admired by lots of different people.			Fame
32	Life-goal: To have deep enduring relationships.			Relationship
33	Life-goal: To have an image that others find appealing.			Image
34	Life-goal: To help people in need.			Community
35	Life-goal: To have a healthy life style.			Health

2. WHEEL OF LIFE

The Wheel of Life is a simple but powerful tool that helps you visualize all the important areas of your life at once. By looking at a visual representation of all the areas of your life at once, the wheel helps you to better understand which of your life areas are flourishing and which ones need the most work. The Wheel of Life assessment—also called the “life balance wheel”—presents a series of categories that form the cornerstone of one’s life experience:

ENVIRONMENT: How satisfied are you with your surroundings, e.g. inside your home or workplace and it’s surroundings?

YOUR WORK: How satisfying is the work you are doing now? This could be any work, business or projects that you are pursuing.

CONTRIBUTION: How much do you feel that you are adding value to the world, or your community?

HEALTH: How would you rate the condition are you in, physically and mentally? How about your overall well-being and your energy levels?

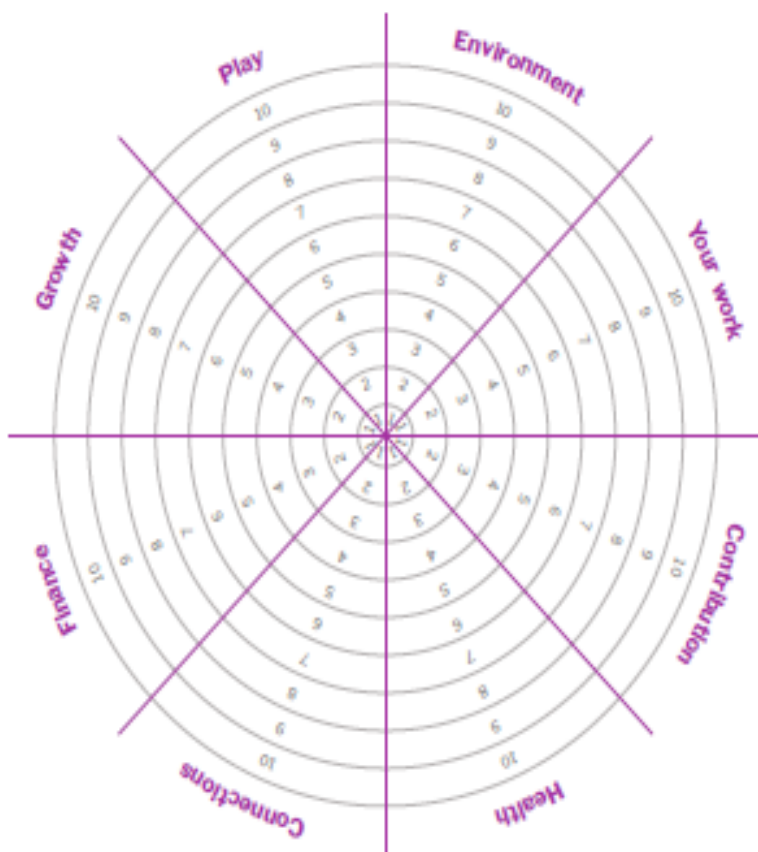
CONNECTIONS: The quality of your personal network of friends, family, and community. This category can also include intimate partner, love & romance.

FINANCE: How would you rate your financial situation, eg income, debts, savings and investments?

GROWTH: How are you growing creatively, or spiritually? Do you have enough to challenge to keep you growing?

PLAY: Are you making time to explore and enjoy yourself through travel, hobbies, or cultural or physical activities?

Instructions: Please rate your current degree of satisfaction along each segment using the following scale:



ITEM	RATING
ENVIRONMENT	
YOUR WORK	
CONTRIBUTION	
HEALTH	
CONNECTIONS	
FINANCE	
GROWTH	
PLAY	



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WORK-BOOK: PART II
SELF-ASSESSMENT WORKSHEETS
C. Assessment of Work-View



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SELF-ASSESSMENT WORKSHEETS TO ASSES AND EVALUATE YOUR CURRENT STATE OF BEINGS

C. ASSESSMENT OF WORK-VIEW

A work-view is your fundamental view of work. It describes the way you view the role of work in your life and what you believe makes it meaningful. A work-view would address the critical issues related to what work is and means to you. It is not just a list of what you want from or out of work, but a general statement of your view of work. It's your definition of what good work deserves to be. Complete the following worksheets to assess and evaluate your Work-view:

1. CAREER CHOICES AND INCLINATION ASSESSMENT
2. WHAT ARE YOUR WORK-VIEWS?
3. MOTIVATION TO WORK: WHY DO YOU DO YOUR WORK

1. CAREER CHOICES AND INCLINATION ASSESSMENT

The Career Choices and Inclination Assessment is a comprehensive test designed to help students explore and identify their career preferences, readiness, and strategies for achieving their professional goals. This test focuses on several critical aspects to provide a holistic understanding of each student's career trajectory.

- 1. Meaning and Purpose:** This section of the test delves into what students consider to be meaningful work. It prompts them to reflect on the elements they believe contribute most to a fulfilling career, such as personal values, passion, impact on society, and alignment with long-term goals.
- 2. Focus:** Here, students evaluate how specific they have become in their career options. This part of the test helps to determine whether they have a clear direction or if they are still exploring various fields.
- 3. Information:** This section assesses the extent of the students' knowledge about their chosen career options. It gauges how well-informed they are regarding the industries, roles, educational requirements, and growth opportunities related to their interests.
- 4. Realism:** Students are asked to reflect on their perceptions of their own abilities and the external constraints they might face, such as job market conditions, competition, and economic factors. This part of the test evaluates how realistic they are about their career aspirations in light of their skills, experiences, and external challenges.
- 5. Scope:** In this section, students assess their awareness of the wide range of career options available to them. It encourages them to think beyond the most obvious or popular choices and consider alternative paths that might also align with their interests and skills.
- 6. Tactics:** Finally, the test evaluates the students' strategic planning towards achieving their career objectives. It looks at how far they have mapped out the practical steps necessary to reach their goals, such as further education, skill development, networking, and gaining relevant experience.

Here is a 30-item multiple-choice questionnaire for "Career Choices and Inclination Assessment," based on the six criteria:

MEANING AND PURPOSE (*Tick-mark at most two items*)

- 1. What aspect of a career is most important to you?**
 - A. Personal fulfillment and passion
 - B. High salary and benefits
 - C. Job security and stability
 - D. Prestige and recognition
- 2. How do you want your work to impact society?**
 - A. Contributing to environmental sustainability
 - B. Improving people's quality of life
 - C. Advancing technological innovation
 - D. Supporting social justice and equality
- 3. Which long-term goal aligns most with your career choice?**
 - A. Achieving work-life balance
 - B. Gaining expertise in a specialized field
 - C. Building a strong professional network
 - D. Continuously learning and growing
- 4. What drives you to work hard in your career?**
 - A. Personal passion and interest
 - B. Financial rewards and incentives
 - C. Professional recognition and advancement
 - D. Making a positive impact on society
- 5. How important is it for your career to align with your personal values?**
 - A. Extremely important
 - B. Moderately important

- C. Slightly important
- D. Not important at all

FOCUS

6. **How specific are you about your career choice?**
 - A. I have a clear and specific career goal
 - B. I have a general idea but no specifics yet
 - C. I am considering a few different options
 - D. I am still exploring many possibilities
7. **How confident are you in your current career direction?**
 - A. Very confident
 - B. Somewhat confident
 - C. Not very confident
 - D. Not confident at all
8. **To what extent have you narrowed down your career interests?**
 - A. I have chosen a specific field and role
 - B. I have chosen a field but not a specific role
 - C. I am interested in multiple fields
 - D. I have not narrowed down my interests
9. **How often do you revisit and refine your career goals?**
 - A. Very often
 - B. Sometimes
 - C. Rarely
 - D. Never
10. **How well do you balance exploring new options with focusing on a specific career path?**
 - A. Very well
 - B. Somewhat well
 - C. Not very well
 - D. Not well at all

INFORMATION

11. **How knowledgeable are you about the educational requirements for your chosen career?**
 - A. Very knowledgeable
 - B. Somewhat knowledgeable
 - C. Slightly knowledgeable
 - D. Not knowledgeable at all
12. **How well do you understand the day-to-day responsibilities of your desired career?**
 - A. Very well
 - B. Somewhat well
 - C. Not very well
 - D. Not at all
13. **How familiar are you with the growth opportunities in your chosen field?**
 - A. Very familiar
 - B. Somewhat familiar
 - C. Slightly familiar
 - D. Not familiar at all
14. **How much research have you done about your potential career paths?**
 - A. Extensive research
 - B. Moderate research
 - C. Minimal research
 - D. No research
15. **How updated is your knowledge about current trends in your chosen industry?**
 - A. Very updated
 - B. Somewhat updated
 - C. Slightly updated
 - D. Not updated at all

REALISM

16. **How accurately do you assess your own skills and abilities for your chosen career?**
 - A. Very accurately
 - B. Somewhat accurately
 - C. Not very accurately
 - D. Not accurately at all

17. **How aware are you of the job market conditions for your chosen career?**
 - A. Very aware
 - B. Somewhat aware
 - C. Slightly aware
 - D. Not aware at all

18. **How realistic are your career aspirations given the competition in your field?**
 - A. Very realistic
 - B. Somewhat realistic
 - C. Not very realistic
 - D. Not realistic at all

19. **How well do you understand the economic factors that might impact your career?**
 - A. Very well
 - B. Somewhat well
 - C. Not very well
 - D. Not well at all

20. **How often do you reassess your career goals based on your skills and external factors?**
 - A. Very often
 - B. Sometimes
 - C. Rarely
 - D. Never

SCOPE

21. **How often do you consider alternative career paths?**
 - A. Very often
 - B. Sometimes
 - C. Rarely
 - D. Never

22. **How broad is your awareness of different career options?**
 - A. Very broad
 - B. Moderately broad
 - C. Not very broad
 - D. Narrow

23. **To what extent do you explore less obvious career opportunities?**
 - A. To a great extent
 - B. To some extent
 - C. To a small extent
 - D. Not at all

24. **How open are you to pursuing unconventional career paths?**
 - A. Very open
 - B. Somewhat open
 - C. Slightly open
 - D. Not open at all

25. **How often do you seek out information on a wide range of career possibilities?**
 - A. Very often
 - B. Sometimes
 - C. Rarely
 - D. Never

3. ASSESSMENT OF WORKVIEW: WHY DO YOU DO YOUR WORK

(SKIP THIS, IF YOU ARE A STUDENT)

This questionnaire is designed to provide insights into how working professionals view their work, what drives them, and how they align their work with their personal values and long-term goals. The 15-item questionnaire can be grouped into five categories:

1. **Motivation and Purpose:** This category includes questions related to the fundamental reasons behind the professional's engagement in their work, what drives them, and how they prefer to be recognized.
2. **Success and Recognition:** This category focuses on the professional's definitions of success and job satisfaction.
3. **Work-Life Balance and Stress Management:** This category covers the professional's approach to balancing work with personal life, managing stress, problem-solving, and handling failure.
4. **Collaboration and Leadership:** This category examines the professional's views on teamwork, leadership, project selection, and work ethics.
5. **Future Aspirations and Career Development:** This category addresses the professional's goals for career growth, the importance of aligning work with personal values, innovation, and long-term vision for their career.

Category 1: Motivation and Purpose

1. **What is the primary purpose of your work? (Tick-mark at most two items)**
 - a) To earn a living and support my family
 - b) To achieve personal growth and development
 - c) To make a positive impact on society
 - d) To gain recognition and status
2. **What motivates you to work harder? (Tick-mark at most two items)**
 - a) Financial rewards and stability
 - b) Opportunities for learning and development
 - c) The impact my work has on others
 - d) Recognition and career advancement
3. **How do you prefer to be recognized for your work? (Tick-mark at most two items)**
 - a) Through financial incentives
 - b) Through opportunities for further education and training
 - c) Through appreciation for my contributions to society
 - d) Through awards and public recognition

Category 2: Success and Recognition

4. **How do you measure success in your work? (Tick-mark at most two items)**
 - a) By the salary and benefits I receive
 - b) By the skills and knowledge I gain
 - c) By the difference I make in my community
 - d) By the promotions and accolades I earn
5. **What is your perspective on job satisfaction? (Tick-mark at most two items)**
 - a) Job satisfaction comes from good pay and job security
 - b) Job satisfaction comes from learning and growing
 - c) Job satisfaction comes from making a positive impact
 - d) Job satisfaction comes from recognition and advancement
6. **How do you define meaningful work? (Tick-mark at most two items)**
 - a) Work that provides financial security
 - b) Work that challenges and develops me
 - c) Work that benefits others
 - d) Work that elevates my status and reputation

Category 3: Work-Life Balance and Stress Management

7. **What role does your work play in your life? (Tick-mark at most two items)**
 - a) A necessary means to meet financial needs
 - b) A platform for continuous learning
 - c) A way to contribute to a greater good
 - d) A pathway to achieve personal ambition

8. **How do you handle work-related stress? (Tick-mark at most two items)**
 - a) By taking breaks and focusing on my well-being
 - b) By seeking learning opportunities to improve my skills
 - c) By reminding myself of the positive impact I'm making
 - d) By striving to achieve more and prove my capabilities

9. **How do you approach problem-solving at work? (Tick-mark at most two items)**
 - a) Find cost-effective solutions
 - b) Use it as an opportunity to learn
 - c) Consider the broader impact of the solution
 - d) Solve problems to demonstrate my abilities

Category 4: Collaboration and Leadership

10. **What is your approach to teamwork? (Tick-mark at most two items)**
 - a) Work alone to achieve the goal
 - b) Collaborate to learn and grow together
 - c) Support each other to make a positive difference
 - d) Compete and collaborate to gain recognition

11. **What is your attitude towards leadership? (Tick-mark at most two items)**
 - a) Leadership is about managing resources effectively
 - b) Leadership is about inspiring and mentoring others
 - c) Leadership is about driving positive change
 - d) Leadership is about achieving and being recognized for success

12. **How do you choose your work projects? (Tick-mark at most two items)**
 - a) Based on financial benefits
 - b) Based on learning opportunities
 - c) Based on potential impact
 - d) Based on visibility and recognition

Category 5: Future Aspirations and Career Development

13. **What is your approach to career development? (Tick-mark at most two items)**
 - a) Focus on roles that offer the best financial rewards
 - b) Seek opportunities that provide continuous learning
 - c) Choose paths that allow me to make a positive impact
 - d) Aim for positions that offer prestige and advancement

14. **How important is it for your work to align with personal values? (Tick-mark at most two items)**
 - a) It's important but not essential, as financial stability is key
 - b) Very important, as it contributes to my personal growth
 - c) Extremely important, as my work reflects my values
 - d) Important for my reputation and career progression

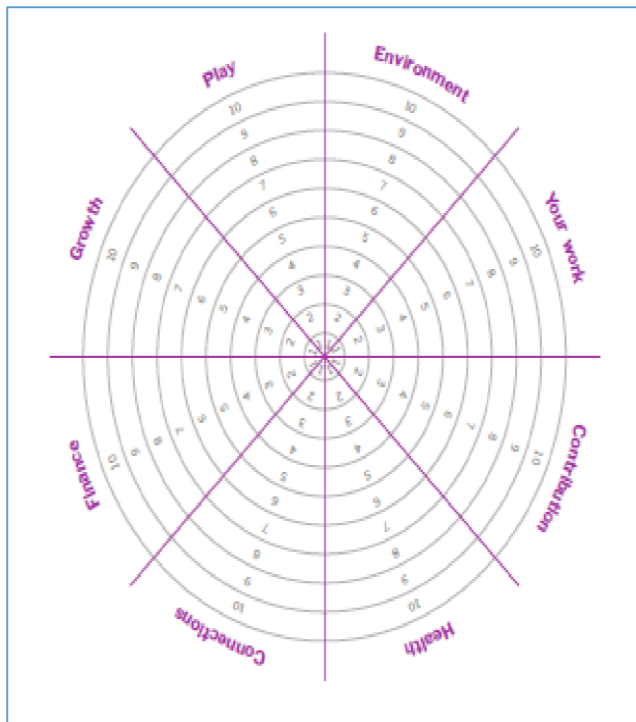
15. **What is your vision for your career in the next 5 years? (Tick-mark at most two items)**
 - a) Achieving financial stability and security
 - b) Acquiring new skills and knowledge
 - c) Making a significant impact in my field
 - d) Reaching a higher level of recognition and prestige



Name:
WhatsApp no. & email-id:
Name of the school/ college/University/Organization:
City/Place Name:
Age:
Current Status:
Date and Time:

GUIDELINE:

After thoroughly assessing your strengths, weaknesses, and competencies, and reflecting on your life view and work view, it's time to visualize your ideal balanced life. The Wheel of Life serves as a powerful tool in this process, helping you to see how different areas of your life—like career, health, relationships, and personal growth—interconnect. By understanding your priorities and where you currently stand in each area, you can identify gaps and set clear goals. This holistic approach ensures that your career choices align with your overall life vision, leading to a more fulfilling and harmonious existence. Balancing these aspects is key to designing a life that not only meets your professional aspirations but also nurtures your personal well-being and happiness.



ENVIRONMENT: How satisfied are you with your surroundings, e.g. inside your home or workplace and it's surroundings?

YOUR WORK: How satisfying is the work you are doing now? This could be any work, business or projects that you are pursuing.

CONTRIBUTION: How much do you feel that you are adding value to the world, or your community?

HEALTH: How would you rate the condition are you in, physically and mentally? How about your overall well-being and your energy levels?

CONNECTIONS: The quality of your personal network of friends, family, and community. This category can also include intimate partner, love & romance.

FINANCE: How would you rate your financial situation, eg income, debts, savings and investments?

GROWTH: How are you growing creatively, or spiritually? Do you have enough to challenge to keep you growing?

PLAY: Are you making time to explore and enjoy yourself through travel, hobbies, or cultural or physical activities?



Dimensions	Life-Design Questions	Action Plans to achieve this
ENVIRONMENT	<ul style="list-style-type: none"> Where do I desire to stay / my locality/ my place of residence My dream home My dream workplace: large corporate or cozy small company or Institutes Others: <i>my dream environment</i> 	<p>How do I achieve this?</p> <p>Am I feeling confident or uncertain?</p> <p>Does the plan make sense within itself?</p>
WORK/ PROFESSION	<ul style="list-style-type: none"> What industries or fields am I interested in? What type of career / profession I desire What type of work do I love What defines good work for me What motivates me to do a job Others: <i>my dream job</i> 	<p>Is it consistent with my work-view and life-view?</p>
SOCIAL CONTRIBUTION	<ul style="list-style-type: none"> How does my work relate to benefit of community How do I plan to create meaning and contribute meaningfully to social cause What are the potential impacts of my work on societal issues? How do I want to contribute to my community or society? Others: <i>my dream vision for community contribution</i> 	
HEALTH & WELL-BEING	<ul style="list-style-type: none"> What are my effective long-term strategies for promoting mental health and emotional well-being? How do I plan to maintain work-life balance for ensuring my overall well-being? What activities contribute to my physical and mental well-being? Others: <i>my dream target for personal health and well-being</i> 	
SOCIAL CONNECTIONS	<ul style="list-style-type: none"> How can I improve communication with my spouse, children, friends, and family? What regular activities can I do to strengthen my relationships? How can I balance personal time and shared experiences? What kind of support do I need to achieve my goals? Others: <i>my dream relationships</i> 	
FINANCE / SECURITY	<ul style="list-style-type: none"> How does money have to do with my job satisfaction? How do I propose to balance your career and financial security in this LIFE-PLAN_A ? What are my financial goals and needs? What are my savings and investment plans for the future? Others: <i>my dream financial state</i> 	
GROWTH/ SELF-DEVELOPMENT	<ul style="list-style-type: none"> What new skills or knowledge do I want to acquire? What experiences do I want to have in my life and career? How do I adapt to changes in my career and personal life? How do I measure my personal and professional growth? Others: <i>my dream personal & professional profile</i> 	
PLAY/ LEISURE	<ul style="list-style-type: none"> What activities make me feel most fulfilled and happy? What causes or issues am I passionate about? How do I desire to engage myself to enjoy my leisure time? Others: <i>my dream leisure</i> 	



DESIGN YOUR DREAM BALANCED LIFE BASED ON THE ABOVE TABLE

Dimensions	Answers to Life-Design Questions	Action Plans to achieve this
ENVIRONMENT		
WORK/ PROFESSION		
SOCIAL CONTRIBUTION		
HEALTH & WELL-BEING		
SOCIAL CONNECTIONS		
FINANCE / SECURITY		
GROWTH/ SELF- DEVELOPMENT		
PLAY/ LEISURE		



MY-5-YEAR-LIFE-PLAN FOR LIFE – VERSION – I

MY LIFE – VERSION – I

Dimensions	Year 1-Year 5
ENVIRONMENT	
WORK/ PROFESSION	
SOCIAL CONTRIBUTION	
HEALTH & WELL-BEING	
SOCIAL CONNECTIONS	
FINANCE / SECURITY	
GROWTH/ SELF- DEVELOPMENT	
PLAY/ LEISURE	

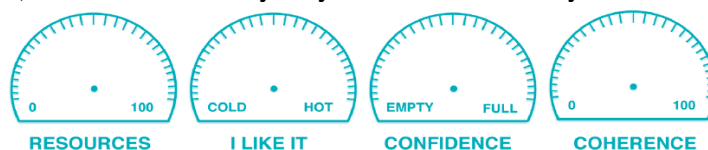
FILL UP EACH ROW HIGHLIGHTING:

WHAT DO I EXPECT under each dimension? HOW DO I ACHIEVE IT?

Under each dimension, your target should be clear and achievable, i.e SMART: Specific, Measurable, Achievable, Relevant, and Time-bound.

Scoring the Plan: Make an overall assessment of the plan in a scale of 1 to 10:

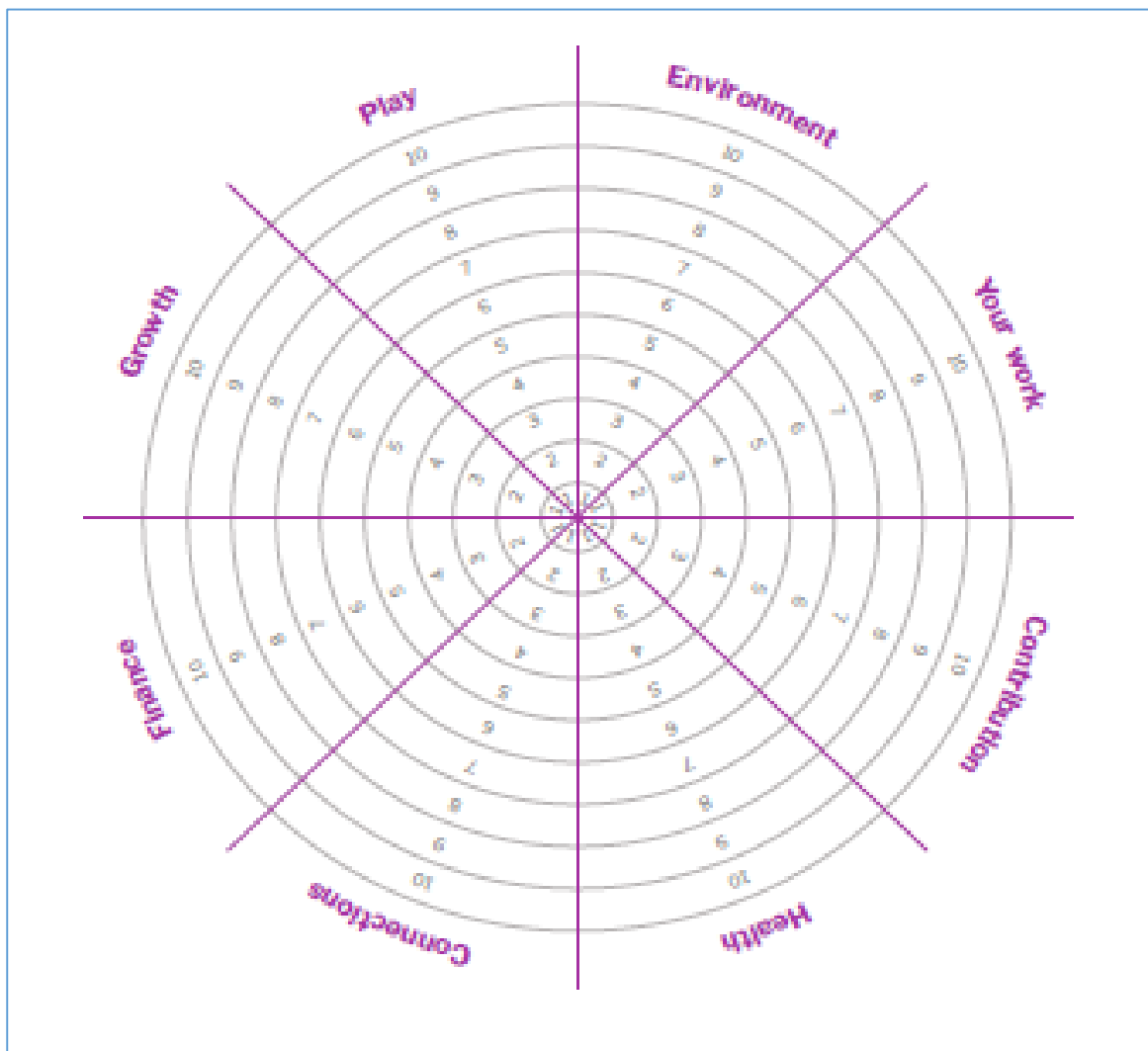
- Resources (Do you have the resources—time, money, skill, contacts—you need?)
- Likability (Are you hot or cold or warm about your plan?)
- Confidence (Are you feeling full of confidence, or uncertain about pulling this off?)
- Coherence (Is it consistent with you, your Workview, and your Lifeview?)





Considering your vision of a *Dream Balanced Life*, reflect on the following questions using a wheel of life (in a scale of 1 to 10):

- How satisfied will you be on the **WORK** front?
- How well are you taking care of your personal **HEALTH** (*Physical and Mental Well-being*)?
- How things will be going on the **CONNECTION** front?
- What do you plan your **ENVIRONMENT** inside of home and office?
- What will be the ways you are planning to **CONTRIBUTION to society**?
- How well will you be managing your **PLAY-TIME: leisure time and hobbies**?
- How well you have taken care of your **FINANCIAL** well-being and future security?
- How well you have planned for your own learning, self-development, and **GROWTH** as a person?





MY 5-YEAR-LIFE-PLAN FOR LIFE – VERSION – II

MY LIFE – VERSION – II:

Dimensions	Year 1 to Year 5
ENVIRONMENT	
WORK/ PROFESSION	
SOCIAL CONTRIBUTION	
HEALTH & WELL-BEING	
SOCIAL CONNECTIONS	
FINANCE / SECURITY	
GROWTH/ SELF- DEVELOPMENT	
PLAY/ LEISURE	

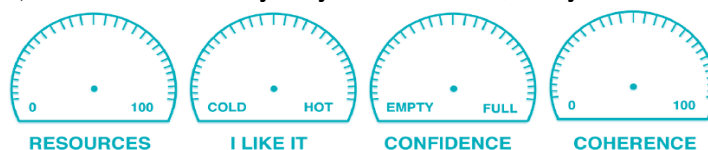
FILL UP EACH ROW HIGHLIGHTING:

WHAT DO I EXPECT under each dimension? HOW DO I ACHIEVE IT?

Under each dimension, your target should be clear and achievable, i.e SMART: Specific, Measurable, Achievable, Relevant, and Time-bound.

Scoring the Plan: Make an overall assessment of the plan in a scale of 1 to 10:

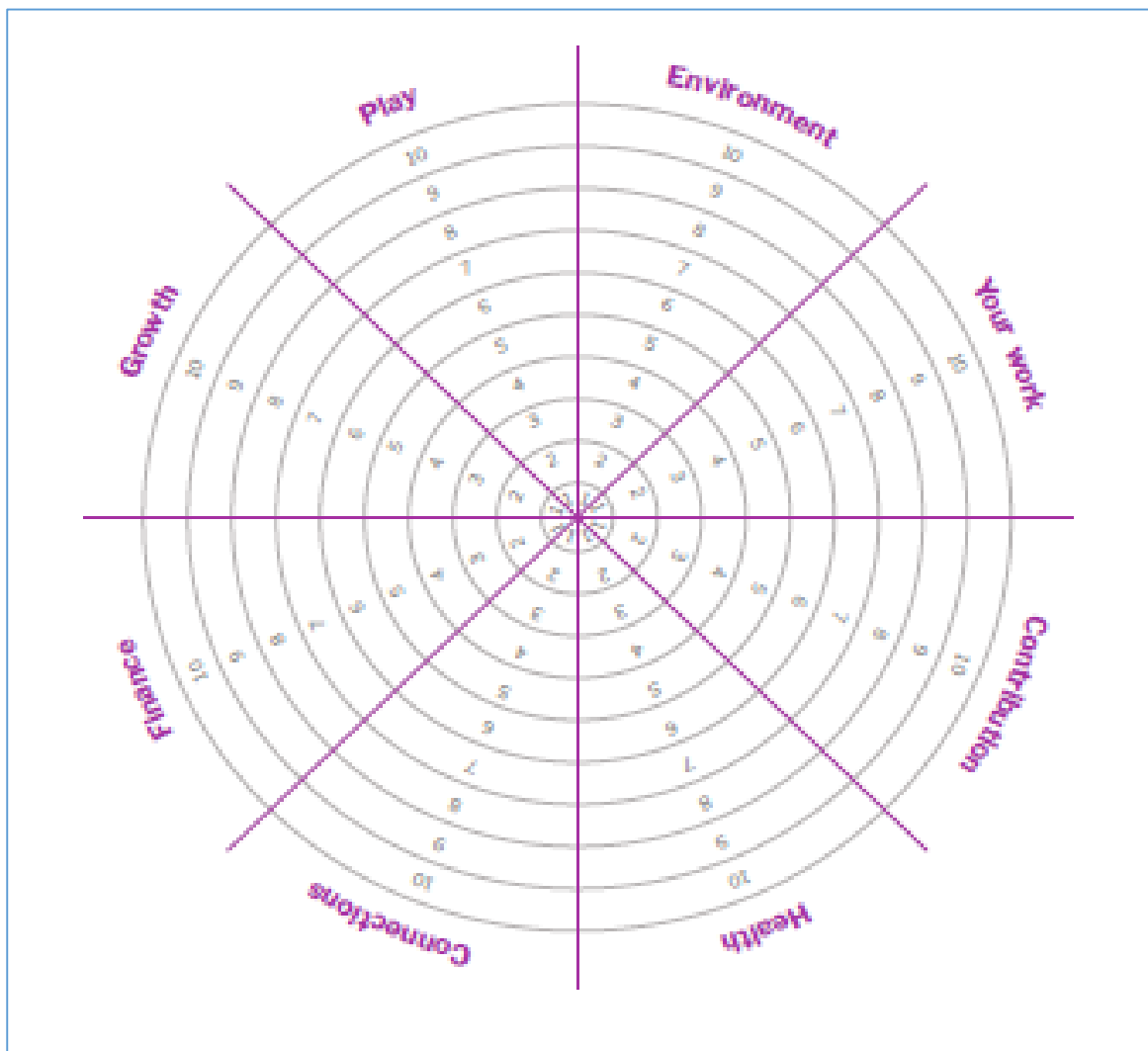
- Resources (Do you have the resources—time, money, skill, contacts—you need?)
- Likability (Are you hot or cold or warm about your plan?)
- Confidence (Are you feeling full of confidence, or uncertain about pulling this off?)
- Coherence (Is it consistent with you, your Workview, and your Lifeview?)





Considering your vision of a *Dream Balanced Life*, reflect on the following questions using a wheel of life (in a scale of 1 to 10):

- How satisfied will you be on the **WORK** front?
- How well are you taking care of your personal **HEALTH** (*Physical and Mental Well-being*)?
- How things will be going on the **CONNECTION** front?
- What do you plan your **ENVIRONMENT** inside of home and office?
- What will be the ways you are planning to **CONTRIBUTION to society**?
- How well will you be managing your **PLAY-TIME: leisure time and hobbies**?
- How well you have taken care of your **FINANCIAL** well-being and future security?
- How well you have planned for your own learning, self-development, and **GROWTH** as a person?





MY 5-YEAR-LIFE-PLAN FOR LIFE – VERSION – III

MY LIFE – VERSION – III

Dimensions	Year 1	Year 2	Year 3	Year 4	Year 5
ENVIRONMENT					
WORK/ PROFESSION					
SOCIAL CONTRIBUTION					
HEALTH & WELL-BEING					
SOCIAL CONNECTIONS					
FINANCE / SECURITY					
GROWTH/ SELF- DEVELOPMENT					
PLAY/ LEISURE					

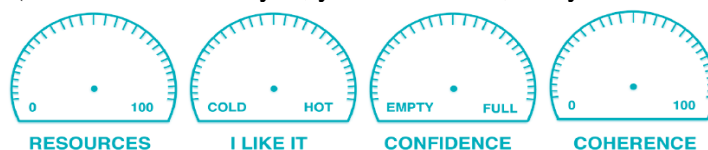
FILL UP EACH ROW HIGHLIGHTING:

WHAT DO I EXPECT under each dimension? HOW DO I ACHIEVE IT?

Under each dimension, your target should be clear and achievable, i.e SMART: Specific, Measurable, Achievable, Relevant, and Time-bound.

Scoring the Plan: **Make an overall assessment of the plan in a scale of 1 to 10:**

- Resources (Do you have the resources—time, money, skill, contacts—you need?)
- Likability (Are you hot or cold or warm about your plan?)
- Confidence (Are you feeling full of confidence, or uncertain about pulling this off?)
- Coherence (Is it consistent with you, your Workview, and your Lifeview?)





Considering your vision of a *Dream Balanced Life*, reflect on the following questions using a wheel of life (in a scale of 1 to 10):

- How satisfied will you be on the **WORK** front?
- How well are you taking care of your personal **HEALTH** (*Physical and Mental Well-being*)?
- How things will be going on the **CONNECTION** front?
- What do you plan your **ENVIRONMENT** inside of home and office?
- What will be the ways you are planning to **CONTRIBUTION to society**?
- How well will you be managing your **PLAY-TIME: leisure time and hobbies**?
- How well you have taken care of your **FINANCIAL** well-being and future security?
- How well you have planned for your own learning, self-development, and **GROWTH** as a person?

