

TOOL 01

Career Self-Assessment

Evaluate readiness, mindset and professional development needs.

RATING SCALE

1 = Not true yet

2 = Rarely true

3 = Sometimes true

4 = Mostly true

5 = Strongly true

Motivation & Discipline

STATEMENT	1	2	3	4	5
I am genuinely interested in the work, not only the image of the work.	☐	☐	☐	☐	☐
I can commit to regular practice.	☐	☐	☐	☐	☐
I accept that progress takes time.	☐	☐	☐	☐	☐
I can stay consistent even when progress feels slow.	☐	☐	☐	☐	☐
I take feedback seriously.	☐	☐	☐	☐	☐
I enjoy improving small details.	☐	☐	☐	☐	☐
I understand that control matters more than speed.	☐	☐	☐	☐	☐
I can repeat tasks patiently.	☐	☐	☐	☐	☐
I notice inconsistency and want to correct it.	☐	☐	☐	☐	☐
I am willing to practice foundations before advanced work.	☐	☐	☐	☐	☐

TOOL 01 • CONTINUED

Career Self-Assessment

Client Care & Business Readiness

STATEMENT	1	2	3	4	5
I understand the importance of hygiene and safety.	☐	☐	☐	☐	☐
I value honest consultation.	☐	☐	☐	☐	☐
I can communicate calmly and clearly.	☐	☐	☐	☐	☐
I can manage expectations professionally.	☐	☐	☐	☐	☐
I respect consent and documentation.	☐	☐	☐	☐	☐
I am willing to learn pricing and business basics.	☐	☐	☐	☐	☐
I understand that income follows competence and trust.	☐	☐	☐	☐	☐
I am prepared to build a portfolio gradually.	☐	☐	☐	☐	☐
I can present myself professionally.	☐	☐	☐	☐	☐
I am ready to keep learning after training ends.	☐	☐	☐	☐	☐

Reflection

My greatest strength right now

My biggest weakness right now

The part of this career that
attracts me most

The skill I need to improve next

READ THE PATTERN

Mostly 4–5: strong alignment; continue structured development.

Mostly 3: interest is present, but foundations need strengthening.

Mostly 1–2: more reflection and preparation are needed before moving forward.

LYDIA'S PRO TIP

Career fit is not proven by excitement alone. It is proven by how well your mindset matches the daily demands of the profession.