

BRAG! Take-12 Self-Evaluation Questionnaire

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www.bragbetter.com

Don't feel that you have to answer these in order. You can start anywhere and skip around. As you move through the questions, you'll likely think of things you might have overlooked when answering earlier ones. In fact, you'll probably want to go over your responses once more after you have completed the evaluation. Remember, the more time you put into this exercise, the more specific details you provide, the easier it will be to create brag bites and bragologues that will be crystal clear and interesting to those who don't already know you well.

1. What would you and others say are five of your personality pluses?
2. What are the ten most interesting things you have done or that have happened to you?
3. What do you do for a living and how did you end up doing it?
4. What do you like/love about your current job/career?
5. How does your job/career use your skills and talents, and what projects are you working on right now that best showcase them?
6. What career successes are you most proud of having accomplished (from current position and past jobs)?
7. What new skills have you learned in the last year?
8. What obstacles have you overcome to get where you are today, both professionally and personally, and what essential lessons have you learned from some of your mistakes?
9. What training/education have you completed and what did you gain from those experiences?
10. What professional organizations are you associated with and in what ways—member, board, treasurer, or the like?
11. How do you spend your time outside of work, including hobbies, interests, sports, family, and volunteer activities?
12. In what ways are you making a difference in people's lives?