

Baseline score card

Start here: your before photo. Score it before week 1.

Score the four statements below before week 1. Don't aim for a good score. Aim for an honest one; this is the "before" picture.

Self-score: Baseline

Score each statement from 1 (not true) to 5 (true). Mark one box per row.

1. I can name three things I'm genuinely good at without downplaying them.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
2. I know what I want my next career step to be.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
3. I can explain how my past work connects to where I'm going.

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
4. I have a one-sentence answer to "what do you want to be known for."

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐