

# Self-Assessment

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This checklist and self-assessment is meant to give you tools in which to view your life, your strengths as a person and professional and to give you awareness into areas in which you want to experience growth as you head in to mid-life or later-life as a musician.

Does your life need to be redefined?

If yes, how so?

Who do you want to be and why is that important?

What do you value in yourself and how can you keep that and find change?

Who are you if you don't do what you do now?

What do you love about your work now and what parts of it do you enjoy? Would that change if you changed?

### Professional Checklist:

The sum of your skills and qualities helps determine your potential. These skills can be developed, enhanced and cultivated into what is next for you.

Check off the skill areas you feel most confident in :

- |  |  |
|--|--|
| <input type="checkbox"/> Interpersonal skills                | <input type="checkbox"/> Research skills           |
| <input type="checkbox"/> Writing skills                      | <input type="checkbox"/> Computer skills           |
| <input type="checkbox"/> Public speaking/presentation skills | <input type="checkbox"/> Publicity skills          |
| <input type="checkbox"/> Networking skills                   | <input type="checkbox"/> Grant writing/fundraising |
| <input type="checkbox"/> Pedagogic skills                    | <input type="checkbox"/> Leadership skills         |
| <input type="checkbox"/> Flute playing                       | <input type="checkbox"/> Entrepreneurship          |
| <input type="checkbox"/> Other musical fields                | <input type="checkbox"/> Connecting with students  |
| <input type="checkbox"/> Communication skills                | <input type="checkbox"/> Marketing                 |
| <input type="checkbox"/> Business skills                     | <input type="checkbox"/> Working in a team         |

Write down the skills from above that you would like to improve.

**Personal Qualities for Success: check the box next to the qualities you believe that you possess. Put an X in the box where you would like to grow.**

- |   |  |
|---|--|
| <input type="checkbox"/> Determination                  | <input type="checkbox"/> Self-awareness            |
| <input type="checkbox"/> Ability to handle rejection    | <input type="checkbox"/> Reliability               |
| <input type="checkbox"/> Imagination and creativity     | <input type="checkbox"/> Good follow through       |
| <input type="checkbox"/> Personal integrity             | <input type="checkbox"/> Detailed oriented         |
| <input type="checkbox"/> Intellectual curiosity         | <input type="checkbox"/> Willingness to take risks |
| <input type="checkbox"/> Ability to work in a team      | <input type="checkbox"/> open-mindedness           |
| <input type="checkbox"/> Flexibility                    | <input type="checkbox"/> Confidence                |
| <input type="checkbox"/> Leadership                     | <input type="checkbox"/> Innovative thinking       |
| <input type="checkbox"/> Ability to learn from mistakes | <input type="checkbox"/> Problem solving           |

**What do you want for your life?**

1. What amount of money would you like to make?  
☐ Up to \$75K  
☐ Up to \$100K  
☐ Up to \$150  
☐ Over \$200K
2. What amount of money do you think you need to live comfortably  
☐ Up to \$75K  
☐ Up to \$100K  
☐ Up to \$150  
☐ Over \$200K
3. How many hours a week do you think you could comfortably work right now?  
☐ 5-10  
☐ 11-20  
☐ 21-30  
☐ 31-40  
☐ Over 40

4. Would you rather have a profession you love or more time for a personal life?

- ☐ Profession I love
- ☐ More time for a personal life
- ☐ Both!

5. What hobbies would you like to have time to explore?

6. What does rest look like for you and how much of it do you need?

7. What brings you joy in your current work that you would like to retain?

**Check the statements that you agree with:**

- |  |  |
|--|--|
| <input type="checkbox"/> I have time to do things I love                         | <input type="checkbox"/> I struggle to find joy in my day-to-day life                |
| <input type="checkbox"/> I help others solve problems                            |  |
| <input type="checkbox"/> I have the opportunity to engage in physical activities | <input type="checkbox"/> I yearn for a change but I don't know what that change is   |
| <input type="checkbox"/> I live an exciting life                                 | <input type="checkbox"/> I yearn for a change and I know exactly what that change is |
| <input type="checkbox"/> I live according to strong moral values                 | <input type="checkbox"/> I am proud of myself  |
| <input type="checkbox"/> I have the opportunity to teach others                  | <input type="checkbox"/> I am proud of the work I have done up to now in my career   |
| <input type="checkbox"/> I am able to help other solve problems                  | <input type="checkbox"/> I am mentally stimulated in my work                         |
| <input type="checkbox"/> I live a quiet, restful life                            | <input type="checkbox"/> I believe in my abilities                                   |
| <input type="checkbox"/> I find joy in my current work                           |  |

Choose 2 items from the list above that you did not check that you would like to achieve in the future. Write those two items below.

1.

2.

**Questions to reflect upon:**

Is your life right now consistent with your personal values? If not, why?

Do you see similarities or differences between your personal values and work values? If so, which ones? Will this help or hinder your commitment to your life in middle age?

Are there some parts of your life that you would like to change but cannot right now? Reflect on how you might be able to change and who might help you?

Where do you see yourself in 1-2 years

Where do you see yourself in 5 years?