

SPEED DATING WITH YOURSELF

Figure out what really matters to you (careerwise) and where to go from there

PART I: WHAT QUALITIES DO YOU BRING?

Date 1: Strengths & Soft Skills

- What three strengths would your friends say you have?
- Which tasks do you complete easily, with joy or confidence?

Date 2: Work & Life Experiences

- Compared to your younger self:
- What have you learned and how have you grown?
 - What smaller and bigger challenges have you overcome and what are you most proud of?

Date 3: Professional Hard Skills

- Which hard skills should not be missing from your CV?
- Which knowledge or skills do you most enjoy applying?

Wrap-up: Development Areas

- Which skills would you like to invest more time and energy into in the near future? (And why?)

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PART II: WHAT DO YOU WANT?

Date 4: Ideal Workplace

- A fairy will create the perfect match/
job for you:
- What criteria comes to mind? Don't hold back.
 - Circle the three aspects of this 'fairy job' that feel most essential.

Date 5: Values

- What would someone have to do to really push your buttons?
- What value would need to be violated for you to feel really upset?

Date 6: Passion

- What inspires you the most?
- What could you happily spend all day doing, dreaming, or talking about?
- What makes you feel truly excited?

Wrap-up: No-Go's

- What are your deal-breakers or no-go's?