

# Building Career Success – The Power of Goal-Setting

## Self-Reflection Questions

Please answer the self-reflection questions below from the “Building Career Success – The Power of Goal-Setting” online learning module at [www.lcldpathfinder.org](http://www.lcldpathfinder.org).

### Self-Reflection 1: Build a Strong Foundation for Career Success

1. Which skill area(s) have you been focusing on to date: technical skills, intra- and interpersonal skills, or strategic career-planning skills? \_\_\_\_\_

---

---

2. Which skill area(s) require your attention going forward? Why? \_\_\_\_\_

---

---

---

---

---

3. How will you shift your focus to develop the other skill areas? \_\_\_\_\_

---

---

---

---

---

### Self-Reflection 2: Leverage a Growth Mindset for Achieving Goals

1. When it comes to your skills development and career advancement, do you have a fixed mindset or a growth mindset? \_\_\_\_\_

2. If you have a fixed mindset, what are your barriers to leveraging a growth mindset for career advancement? What will you do going forward to address these barriers?

---

---

---

---

---

---

---

3. If you have a growth mindset, how can you leverage this for your career advancement? And in the context of goal-setting? \_\_\_\_\_

---

---

---

---

---

---

**Self-Reflection 3: Where Should You Focus Your Goal-Setting Efforts?**

1. Which professional development areas have you focused on when setting goals in the past? Have you met those goals? \_\_\_\_\_

---

---

---

---

---

---

2. In the context of setting professional goals, what are three key development areas that you would like to focus on in the next six months? Pick one of these three areas and keep it in mind for the rest of the module. \_\_\_\_\_

---

---

---

**Self-Reflection 4: The Importance of Setting SMART Goals**

*SMART = Specific, Measurable, Attainable, Relevant, and Time-Bound*

1. Write out a SMART goal for at least one of the three professional development areas you identified earlier. \_\_\_\_\_

---

---

---

---

---

---

---

---

**Self-Reflection 5: Five Steps for Goal-Setting**

- The Five Steps for Goal-Setting:*
- 1. Select Career-Planning Areas*
  - 2. Create the SMART Goal*
  - 3. Identify Obstacles*
  - 4. Develop Action Plan*
  - 5. Take Action*

- 1. Think back to the specific professional SMART goal you identified earlier. Write down the obstacles, action steps, and deadlines for achieving your goal. Write out a SMART goal for at least one of the three professional development areas you identified earlier.

---

---

---

---

---

---

---

---