

# Self-Evaluation: What's Holding You Back at Work?

Take 10-15 minutes to reflect, introspect, and plan your next steps. Use the space provided to write your thoughts and actions.

## 1. Mindset

Reflection:

What are the self-limiting thoughts I have about my work or abilities?

Write your thoughts below:

Plan:

How can I challenge and replace these thoughts with empowering beliefs?

Write your plan below:

## 2. Emotional Responses

Reflection:

What situations or triggers cause frustration, irritation, or stress at work?

Write your thoughts below:

Plan:

What can I do to manage these emotions more effectively?

Write your plan below:

### 3. Skillsets

Reflection:

What skills am I relying on that may no longer be relevant for my growth?

Write your thoughts below:

Plan:

What new skills will I commit to learning or improving this year?

Write your plan below:

### Next Steps:

1. Set a Goal: Write down one small action for each area to complete this week.

Goal 1 (Mindset): \_\_\_\_\_

Goal 2 (Emotions): \_\_\_\_\_

Goal 3 (Skillsets): \_\_\_\_\_

2. Track Progress: Revisit this self-evaluation monthly to reflect on your progress and make adjustments.