

Self-Evaluation Questionnaire

General Reflection

1. What were your most significant accomplishments this past year?
2. What obstacles did you encounter, and how did you address them?
3. Were there moments where you felt particularly proud or disappointed in yourself? Please describe.

Short-Term Goals (1 year)

1. What were your specific goals for the past year?
2. Which goals did you achieve? Elaborate on what contributed to your success.
3. Which goals did you not meet? What factors contributed to falling short?
4. What could you have done differently to better achieve those goals?
5. What new goals have emerged for the upcoming year?

Mid-Term Goals (5 years)

1. What are your goals for the next five years?
2. How do your past year's actions align with your 5-year plan?
3. What adjustments must you make to ensure you stay on track?
4. Are there resources, skills, or relationships you need to develop to aid your 5-year journey?
5. Have your 5-year goals changed based on your experiences this past year? If so, how?

Long-Term Goals

1. What are your long-term life goals (beyond five years)?
2. How is your 5-year plan contributing to your long-term aspirations?
3. In light of the past year, are there new long-term goals you wish to set for yourself?
4. What major milestones must you achieve in the next ten years to get closer to your long-term goals?
5. Reflect on your personal and professional growth. Do these aspects of your life align with your long-term goals? If not, what changes might you consider?

Personal Development

1. What skills or knowledge did you gain this past year?
2. Are there areas where you feel you need further training or education?
3. Did you maintain a work-life balance? If not, what can you do to improve this in the future?
4. How did you ensure your mental and physical well-being throughout the year?

Looking Ahead

1. Based on this reflection, list three major action steps you plan to undertake in the next year.
2. Are there relationships (professional or personal) you need to foster or mend in the upcoming year?

3. How will you measure your success at the end of next year? Define specific metrics or indicators.
4. How do you plan to keep yourself accountable for your goals and actions?
5. What resources, tools, or support do you need to ensure success in the upcoming year?

End this session by setting aside quiet time to review your answers. Reflect deeply on your responses and use them as a foundation for your future plans. Remember, this evaluation aims to help you grow and make the best choices for your future. Adjust your goals and strategies as needed based on your insights.