



## Completing Your Self Assessment & Defining Your Goals

Below is a self assessment tool you can use to document what's important to you, your personal and professional goals, and the relative timeframes for each.

### Self Assessment Questions

1. What is most important to me in my life? \_\_\_\_\_

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2. What types of lifestyle do I want? \_\_\_\_\_

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3. What type of work gives me energy vs. draining me of it? \_\_\_\_\_

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4. What do I want to spend each day doing? \_\_\_\_\_

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5. Who are the types of people I enjoy working with? \_\_\_\_\_

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6. What type of work environment is important to me? \_\_\_\_\_



7. What types of work, people, and experiences do I want to avoid? \_\_\_\_\_

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8. What are my talents? \_\_\_\_\_

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9. What do I do better than anyone else? \_\_\_\_\_

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10. In what areas (education, skills, and experience) am I lacking?

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11. What steps might I take to improve? \_\_\_\_\_

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## Professional Goals

1. What types of healthcare settings do I prefer? \_\_\_\_\_

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2. What assignment length is appealing to me? \_\_\_\_\_

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3. Am I willing to travel nationally or would I prefer to work locally? \_\_\_\_\_

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4. What skills would I like to acquire? \_\_\_\_\_

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Other Important Professional Goals: \_\_\_\_\_

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## Personal Goals

1. Why have I chosen contract work? To maximize income to pay off debt? How much & by when?

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2. What is most important to me on my first assignment? To see the country? Test the waters before making a permanent move? Stay close to home?

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3. Do I prefer to find a great assignment & stay there for the long term or is it important for me to move around?

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4. Will I travel year-round or only during specific times? \_\_\_\_\_

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## Locations

5. What locations are important to me? List your top 10:

- |     |    |    |
|-----|----|----|
| 1.  | 2. | 3. |
| 4.  | 5. | 6. |
| 7.  | 8. | 9. |
| 10. |    |    |



## Travel & Housing, Pay & Benefits

1. Can I drive my own car to assignments or do I need transportation?

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2. I prefer that my travel arrangements are made by (check one)

My Travel Company                       Me (Note: Additional tax benefits may be possible with this option.)

3. My housing needs (check all that apply)

I travel with pets    How many?     What kind? \_\_\_\_\_

I will provide my own housing while on assignment: \_\_\_\_\_

4. Please check all that apply:

I am traveling to maximize my income only. I want to have the highest possible hourly rate & I am willing to do without other travel accommodations or benefits to achieve that.

I am traveling to see the country. Income is important to me, but so are some of the other comforts of home. I will need housing, a rental car, and would like to work little to no overtime so that I have the time to enjoy my assignment location.

I DO NOT need medical benefits of any kind.

I need medical benefits for myself only.     I need medical benefits for myself and my spouse.

I need medical benefits for myself and my child.     I need medical benefits for my family.

### Getting Started

Now that you've defined your goals and completed your self assessment, share it with those who will help you along the way. In Part 2, we'll help you select a travel nursing staffing company. Once you do that, your recruiter will become an invaluable resource. Help them understand who you are, your goals, and the timeframes in which you'd like to achieve them. Over time you will find that a great travel company can make a huge difference in the quality of your career.