

## self-canvas guidelines

When it comes to making decisions about career or life, it's easy to feel lost or feel like you're juggling all the thoughts.

I often hear about people feeling like they're at a fork in the road and are not sure where to start.

Whether you're deciding what type of job to apply for, what course to study or what city to move to, there is one thing that can help with all these decisions.

The more you really know yourself, the easier it is to make a decision that is aligned with all parts of yourself.

Of course, it still won't be easy to make a decision but this tool that can help make that process slightly easier!

### **WHAT is this?**

This 'self-canvas' outlines several categories where you can start to reflect and be honest with who you are.

### **HOW do I use this?**

After completing each category, you can use it to assess your decision. E.g. deciding between jobs - use this as a criteria to see which job you're more aligned to. You can also use this to communicate to other people that you're working with.

# painting your self canvas

## values

These are the guiding principles that are most important to you in all aspects of life (including work, family and relationships).

**Refer to page 4 to highlight the top five values most important to you, and define what they mean to you.**

## personality traits

It's important to be aware of how you show up every day as well as when you're under pressure. Knowing your honest self, and communicating this to others can help build shared understanding as well as teamwork.

**Complete these two free online tests for some data on your personality traits.**

**[1. Big Five personality test.](#)    [2. 16 Personalities](#)**

**Note. while these quizzes are not perfect, they're a great accessible starting point to build self awareness.**

## strengths

These are the characteristics unique to you, that you bring to the table. Everyone has certain strengths.

**Complete this questionnaire as a starting point to find out your strengths and list your top five.**

**[1. VIA character strengths](#)**

## work history

Sometimes it's hard to remind yourself of where your expertise lies. Use this space to write down your specific expertise as a reminder of your background. This can also help with your elevator pitch (i.e a 1 min explanation of yourself).

**Write dot points listing your previous experience, in all different areas (volunteering, work, family commitments, side projects, etc).**

## interests

It's helpful to be able to share something about yourself to others. This can help you focus on what you want more in the future.

**Write dot points for the areas you are interested in learning more about. This can be specific for work (e.g. SEO and digital marketing) or it can be general interests (e.g. board games).**

## if you really knew me...

These are little fun facts that don't fit in the other categories but are a fundamental part of you that you could tell others you work / live with. This is the most important section for effective collaboration.

**Write dot points for unique things that would help other people work well with you e.g. I'm a slow processor and like to have time to form an opinion before I share with others, OR I need down time after big social events, OR I am sharpest in the morning so it's best if we have deep conversations at that time.**

# my self canvas

## values

- 1.
- 2.
- 3.
- 4.
- 5.

## personality traits

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## strengths

- 1.
- 2.
- 3.
- 4.
- 5.

## work history

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## interests

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## if you really knew me...

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## values list

Read through this list of values and select the top five values that are most important to you right now. Once you have prioritised your top five, define what they mean to you in your self canvas.

**achievement**  
**adventure**  
**authenticity**  
**balance**  
**beauty**  
**collaboration**  
**community**  
**compassion**  
**competence**  
**connection**  
**contentment**  
**courage**  
**creativity**  
**curiosity**  
**ethics**  
**excellence**

**financial stability**  
**freedom**  
**fulfilment**  
**fun**  
**gratitude**  
**growth**  
**harmony**  
**health**  
**honesty**  
**humour**  
**independence**  
**integrity**  
**justice**  
**leadership**  
**learning**  
**legacy**

**openness**  
**power**  
**recognition**  
**reliability**  
**respect**  
**risk-taking**  
**security**  
**spirituality**  
**success**  
**teamwork**  
**trust**  
**travel**  
**vulnerability**  
**well-being**  
**wisdom**  
**other:**