

connecting with yourself: worksheet

When considering your trans or nonbinary identity in a professional space: How important are the various aspects of your identity in relation to your career? Is your identity related to the work you want to do, in any way? Is your identity private or public or both? Is it important to you to be out at work?

my identity.....
.....
.....

Meaningful experiences from your past can help to guide your future. Think about an accomplishment that you are proud of or a time when you were really engaged in a task or event. What was it about the experience that you found rewarding or enjoyable?

.....
.....

What are some key factors when considering a job or organization? This can include salary, location, scheduling, employee health coverage for transitioning, etc.

.....
.....

What impact do you hope to have in your career? Think about what change you hope to achieve and how you want to utilize your skills and values to forge your own paths.

.....
.....

What are your career values and wants? This can include work/life balance, working with others or on your own, being part of a company that values diversity and inclusion, leadership and influence, financial gain, recognition, etc.

.....
.....

Which skills do you enjoy using in your academics, clubs, volunteer or paid work? Which skills do you hope to use in your career?

.....
.....

How do you want to balance your professional and personal identities and/or needs?

.....
.....

Reflecting on your responses to these questions can help you feel more confident, better connect with others, and identify your next steps.