**Intelligent Careers Competency Worksheet**

**Knowing Why** – beliefs, identities, values, alignment with current role (motivation)

What motivates you to do what do each day? What drives you and causes you to get out of bed and show up? Why did you choose to do this particular job? What motivates you to do your best? What are your non-negotiables? How do these fit with your current role/organization?

**Knowing How** – needed skills and knowledge to perform the role

What do you need to know/be able to do to be successful in your current role? What’s missing, and how can you obtain those things? What will you need to know/be able to do to get to the next role? What’s missing, and how can you obtain those things?

**Knowing Whom** – relationships and network that can help inform re: why and how, provide opportunities and resources

Who do you currently know who can support your career goals? Who’s missing?