

The 5 x 5 Appraisal

Name five things you are proud of accomplishing in your life or vocation.

Name five goals you would like to achieve in the next twelve to twenty-four months.

Name five things you would like help with to improve in your vocation, personal growth, or reach of your mission.

Name five networks, memberships, affiliations, or groups that you are associated with for professional, recreational, social, academic, or other accords.

Name five bucket list items that might include:

- A. People you'd like to meet or spend time with.*
- B. Places you'd like to visit or live.*
- C. Activities you'd like to try or master.*

Give five specific answers to each of these five questions.

You can choose whether to be general or focused on a particular area of growth when completing the appraisal.