

Best / Bored / Bad / Becoming

an honest self-assessment worksheet for finding clarity and focus.

Name:

Context:

Date:

✓ ←-- Interest --> ✗

✓ Interest
✓ Skill

YOU DON'T HAVE TO
ASK ME TO DO THIS

Best

✗ Interest
✓ Skill

I'LL DO THIS BUT DON'T
EXPECT ME TO LIKE IT

Bored

✓

←-- Skill -->

✗

✓ Interest
✗ Skill

PLEASE ASK ME TO DO THIS
BUT BE PATIENT TOO

Becoming

✗ Interest
✗ Skill

YOU WILL LIKELY REGRET
ASKING ME TO DO THIS

Bad