

Purpose of This Tool

This inventory helps you pause, notice what is useful in the development of your counseling skills, and identify the next steps based on your strengths and what's already working.

1. Exceptions & Useful Moments

Recall a recent moment when something in your counseling skills felt more manageable or useful.

- a. What was different in that moment?
- b. What were you doing that contributed to that difference?

2. Strengths & Professional Resources

- a. Identify the internal and external resources that support your growth.
- b. Strengths I'm noticing in my counseling skills:
- c. Supportive people, settings, or structures that are useful to me:
- d. A time I found a useful way to handle a similar situation:

3. Preferred Future as a Counselor

- a. Imagine you're developing toward the counselor you hope to be.
- b. What would you notice in your counseling skills that would be useful to you?
- c. What might your clients notice when things are becoming more useful to them?
- d. What would your supervisor notice that reflects your growth?
- e. What difference would this make in your sense of clarity, confidence, or momentum?

4. Scaling Hope, Confidence & Competence

- a. Using a scale from 0–10, where 10 = “a strong sense of hope and confidence in my development,” and 0 = “no sense of hope or direction right now”:
- b. Today, I am at: ____
- c. What tells me I’m at that number and not lower?
- d. What would a 0.5 or 1-point increase look like in a useful way?
- e. A small step that could help me move up the scale:

5. Immediate Next Steps

- a. Based on what’s useful and where you want to go:
- b. A small action I can take before next supervision:
- c. A counseling skill I want to practice or strengthen:
- d. Someone or something that may be useful in supporting me:

6. Hopeful Reflections

- a. What is grounding, meaningful, or useful to you right now as a developing counselor?
- b. Something that gives me hope:

A value, intention, or belief that feels useful in guiding my work:

7. For Supervision

- a. What would be most useful for your supervisor to know or focus on?
- b. What was most useful about completing this reflection today?

- c. What topic or case would you like to explore further?

- d. How can our supervision group support you?