

What are your interests?

It is time to create your inventory, and in order to do that you have to ask yourself a few questions. It is important to be honest with yourself when answering these questions. This is about *your* interests. Not what other people are saying *should* be your interests. Not what someone *else's* interests are. It is about you. Once you have completed the twelve (12) questions, go back and review your answers. Is there anything you would like to change? If not, print out a copy and save it for your career planning portfolio. You will have an interest profile that you can review at some future date to see if it still reflects who you are.

1. What are your hobbies?

2. What do you love to talk about? Are there any subjects that you are really enthusiastic about?

3. What books or magazine articles do you like reading?

4. What classes do you find most interesting?

5. What classes do you find least interesting?

6. What type of Internet sites do you gravitate toward? What type of information are you looking for?

7. What type of activities do you enjoy doing?

8. What type of activities do you absolutely detest?

9. What are you passionate about? What is it that you really enjoy doing?

10. Has there ever been a time when you were so engrossed in something that you lost track of time? What was it?

11. At this moment in time, what are your top three interests?

1.

2.

3.

12. Why are they your top three interests?

1.
2.
3.