

What are my interests?

(from Career Planner: Choosing an occupation)

This question is easy to answer—interests are the things you like. You know what music you like to listen to, what food you like to eat, and what games you like to play. You may also know what you like about work.

Examples of interests include:

- ♦ hiking
- ♦ collecting
- ♦ gardening
- ♦ fishing
- ♦ golfing
- ♦ reading.

My interests

Read each sentence. Does it describe you? Select Yes, Sometimes or No.

	Yes	Sometimes	No
I like to be active			
I like to listen to music			
I like to drive			
I like to fix things			
I like to draw pictures			
I like to work with plants			
I like to work with animals			
I like to do things with my hands			
I like to shop			
I like to do housework			
I like to go to the theatre			
I like to play sports			
I like to garden			
I like to walk			
I like to watch nature programs on TV			
I like to coach sports			
I like to talk on the telephone			
I like to learn about the environment			
I like to handle money			
I like to use small hand tools			
I like to operate machines and equipment			
I like to cook			

	Yes	Sometimes	No
I like to sew			
I like to style hair			
I like to keyboard			
I like to use the computer			
I like to go on the Internet			
I like to arrange flowers			
I like to paint houses			
I like photography			
I like to make things from different materials (e.g. crafts, sculpting, woodworking)			
I like to act, sing or dance			
I like to play a musical instrument			
I like to make people laugh			
I like to teach adults			
I like to teach children			
I like to help people with their problems			
I like to serve people			
I like to sell things			
I like to be the boss			
I like bookkeeping			
I like to work with numbers			

Other things that I like:

Now go back over the whole list. Pick out the five things you like best and list them here.

My main interests are:

1. _____
2. _____
3. _____
4. _____
5. _____