

# Worksheet for Identifying Interests, Values, and Strengths

## Specifying My Interests

Five activities I enjoy are:

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Three activities I find boring are:

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If I had no schedule or financial limitations, this is how I'd like to spend...

...a day: 

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...a week: 

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...a year: 

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I prefer to work with      \_\_\_ people      \_\_\_ data or ideas      \_\_\_ things

## Assessing My Work Values

Rank	Value	Can I Compromise?		Rank	Value	Can I Compromise?	
___	Achievement	Yes	No	___	Leisure time	Yes	No
___	Contribution to society	Yes	No	___	Congenial co-workers	Yes	No
___	Creativity	Yes	No	___	Routine responsibilities	Yes	No
___	Helping others	Yes	No	___	Status/prestige	Yes	No
___	Financial reward	Yes	No	___	Teamwork	Yes	No
___	Independence	Yes	No	___	Variety	Yes	No
___	Intellectual challenge	Yes	No	___	Other (specify: _____)	Yes	No
___	Job security	Yes	No				

## Identifying My Strengths

List:

Past Experience	Tasks/Responsibilities	Strengths Used and Developed
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Make a prioritized list of strengths:

Strengths Listed Above	Ways Demonstrated	Priority
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