Thinking about Myself

This worksheet will help you name the things you are good at, the things you enjoy, and the things that make you special. These characteristics are called strengths, talents, and interests. You can use these characteristics in school and in the world of work.

**Instructions:**

1. Print and complete this worksheet as fully as you can.
2. Be honest in your answers. Your answers will help you learn about yourself so that you can make good choices and decisions for your future.

**Related Information**

In addition to my family, adults who are important to me include:

My responsibilities at home include:

**School Work**

The subjects I enjoy most are:

The subjects I do best at are:

I learn best by (check one):

Looking at pictures 🗖

Reading about things 🗖

Handling things 🗖

Talking about things 🗖

Making Things 🗖

**Hobbies and Leisure Interests**

When I’m not at school I like to:

I like to do this because:

**Work Experience (Paid or Unpaid)**

I have worked as:

I like to work when:

I don’t like to work when: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**My Special Qualities**

Five things I really like about myself are:

1.

2.

3.

4.

5.

Other people like my ability to:

My greatest achievement so far is:

One thing I’d like to improve about myself is:

If I could do anything in life I’d be a:

**Summary of My Characteristics, Interests, and Preferences**

Review what you wrote above; sum up what you most like to do and what you do best. You can then use the information from this shaded box to fill in the **Getting Started:** **Know Myself** section of the **Career Plan,** the **“**What do you know about yourself?**”** item.

You may also want to learn more about the occupations you listed above. Click **Occupations**. Find your occupations from the list of titles. Save the occupations that interest you in **My Favorites** for future reference.

I most like to:

I am particularly good at:

Some jobs that use my characteristics and interests are (Brainstorm—there are no right answers here):

Your Signature: Date:

Reviewed by: Date: