

# INTERESTS INVENTORY WORKSHEET

*Describe and prioritize your interests*

**STEP 1:** Describe every activity you've participated in and list your likes, dislikes, and what you learned for each. Make your own list in the space on the back using the examples below.

*Examples:*

<i>SCHOOL ACTIVITIES</i> <i>(includes extra-curricular)</i>	<b>Like</b>	<b>Dislike</b>	<b>Learned</b>
Class Group Project	* Learning from each other * Sharing ideas	* Waiting on others to do their part	* Teamwork * Leadership * Problem solving * Interpersonal communication
<i>WORK ACTIVITIES</i> <i>(includes paid, volunteer, professional memberships)</i>	<b>Like</b>	<b>Dislike</b>	<b>Learned</b>
Sales Clerk	* Customer service (helping people, finding solutions) * Creating displays	* Taking inventory * Dealing with money	* Interpersonal communication * Creativity
<i>LEISURE ACTIVITIES</i> <i>(includes family, sports, hobbies)</i>	<b>Like</b>	<b>Dislike</b>	<b>Learned</b>
Camp Counselor	* Working with children * Creating activities	* Inflexible schedule	* Leadership * Education * Interpersonal communication

**STEP 2:** Prioritize your top five from your "like" column and top five from your "dislike" column and rank them in the space below.

<i>LIKES</i>	<i>DISLIKES</i>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____



<i>SCHOOL ACTIVITIES</i> <i>(includes extra-curricular)</i>	<b>Like</b>	<b>Dislike</b>	<b>Learned</b>
<i>WORK ACTIVITIES</i> <i>(includes paid, volunteer, professional memberships)</i>	<b>Like</b>	<b>Dislike</b>	<b>Learned</b>
<i>LEISURE ACTIVITIES</i> <i>(includes family, sports, hobbies)</i>	<b>Like</b>	<b>Dislike</b>	<b>Learned</b>