

# INTERESTS WORKSHEET:



**To get you thinking about what really interests you.**

*Start to gather thoughts about what you like and dislike. Then, begin to think of your favourite hobbies/leisure activities, and think about your current interests based on your work experiences, if you have any. Once you have a clear picture review the six major areas of career interests listed below and circle your level of interest for each action. Remember there is no right or wrong answer, this is just to get you thinking about yourself.*

No Interest

Some Interest

Considerable Interest



*Athletics, outdoor activities, working with objects, machines, tools, plants or animals*

0 1 2 3 4 5 6 7 8 9 10

*Artistic, innovative, imaginative, creative, or intuitive activities; a preference for working in an unstructured environment*

0 1 2 3 4 5 6 7 8 9 10

*Activities that require learning, investigation, observation, evaluation, analysing, problem solving*

0 1 2 3 4 5 6 7 8 9 10

*Influencing, persuading, leading, performing, managing and working with people for a company/organisation or in an economic field*

0 1 2 3 4 5 6 7 8 9 10

*Working with data, executing detailed tasks, following instructions, clerical or numerical work*

0 1 2 3 4 5 6 7 8 9 10

*Helping, training, informing, curing or enlightening people; being skilled with words*

0 1 2 3 4 5 6 7 8 9 10