A Personal Checklist: Likes and Dislikes

Directions: Put a (1) next to any hobbies, interests, or activities that you like. Put a (2) next to any activity you do not like. Then, put a circle around the 3 things you like to do the most.

1. Playing sports
2. Drawing
3. Camping, Hiking
4. Painting
4. Fishing
4. Taking care of people
4. Hunting
4. Babysitting
4. Swimming
4. Going to church/synagogue/temple
4. Bicycling
4. Belonging to a club
4. Horseback riding
4. Collecting things
4. Skiing
4. Visiting with friends
4. Keeping pets
4. Sleeping
4. Taking care of animals
4. Eating
4. Gardening to taking care of plants
4. Using a Computer
4. Farming
4. Playing Video Games
4. Woodworking
4. Cooking
4. Beauty and hair care
4. Sewing
4. Listening to music
4. Knitting
4. Reading
4. Writing songs, stories, poems
4. Photography
4. Watching TV or movies
4. Roller Blading
4. Playing an instrument
4. Motocross
4. Being a leader of a group
4. Working Out/exercising

Use this space to add other hobbies and interests you can think of:

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A Personal Checklist: Personal Strengths

Directions: Put a (1) next to sentence that describes you. When you have finished, put a circle around the 3 sentences that best describe you.

___ I’m reliable (people can count on me).
___ I’m friendly.
___ I am good at many things.
___ I try to follow instructions.
___ I like to do things with others.
___ I like to do things on my own.
___ I like to help other people.
___ I like to keep things neat and organized.
___ I like to have a good time.
___ I have good common sense.
___ I stick with things until they get done.
___ I can work out my problems on my own.
___ I ask others for help when I need it.
___ I can help others work out their problems.

___ I have a lot of energy.
___ I’m a good listener.
___ I’m polite.
___ I’m honest.
___ I’m hard-working.
___ I’m usually on time.
___ I’m serious.
___ I’m generous.
___ I’m proud of myself.
___ I can keep a secret.
___ I’m a good friend.
___ I’m a good student.
___ I’m musical.
___ I’m artistic.
___ I’m creative.
___ I’m good with words.
___ I’m good with my hands.
___ I’m good at one or two things.
___ I’m good at fixing things.

Use this space to write down your other strengths:

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A Personal Checklist: Personal Strengths

Directions: Put a (1) next to all the things you are good at. Then, put a circle around 3 things you do best.

I’m good at:

___ Taking care of other people
___ Working with other people
___ Organizing things
___ Making changes
___ Using a computer
___ Answering the phone
___ Woodworking
___ House painting
___ Operating machines or tools
___ Fixing cars
___ Waiting on tables
___ Doing yard work
___ Farming
___ Hairdressing
___ Cleaning
___ Reading
___ Writing
___ Math
___ Science
___ Social Studies
___ Art
___ Sports
___ Music
___ Teaching friends
___ Babysitting
___ Gardening
___ Cooking
___ Sewing or knitting
___ Being a team captain

Use this space to write down your other strengths:

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