

Name \_\_\_\_\_

Date \_\_\_\_\_

### ***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*.

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

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

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Name \_\_\_\_\_

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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.

- |   |   |
|---|---|
| <input type="checkbox"/> I'm reliable (people can count on me).     | <input type="checkbox"/> I have a lot of energy.        |
| <input type="checkbox"/> I'm friendly.                              | <input type="checkbox"/> I'm a good listener.           |
| <input type="checkbox"/> I am good at many things.                  | <input type="checkbox"/> I'm polite.                    |
| <input type="checkbox"/> I try to follow instructions.              | <input type="checkbox"/> I'm honest.                    |
| <input type="checkbox"/> I like to do things with others.           | <input type="checkbox"/> I'm hard-working.              |
| <input type="checkbox"/> I like to do things on my own.             | <input type="checkbox"/> I'm usually on time.           |
| <input type="checkbox"/> I like to help other people.               | <input type="checkbox"/> I'm serious.                   |
| <input type="checkbox"/> I like to keep things neat and organized.  | <input type="checkbox"/> I'm generous.                  |
| <input type="checkbox"/> I like to have a good time.                | <input type="checkbox"/> I'm proud of myself.           |
| <input type="checkbox"/> I have good common sense.                  | <input type="checkbox"/> I can keep a secret.           |
| <input type="checkbox"/> I stick with things until they get done.   | <input type="checkbox"/> I'm a good friend.             |
| <input type="checkbox"/> I can work out my problems on my own.      | <input type="checkbox"/> I'm a good student.            |
| <input type="checkbox"/> I ask others for help when I need it.      | <input type="checkbox"/> I'm musical.                   |
| <input type="checkbox"/> I can help others work out their problems. | <input type="checkbox"/> I'm artistic.                  |
|   | <input type="checkbox"/> I'm creative.                  |
|   | <input type="checkbox"/> I'm good with words.           |
|   | <input type="checkbox"/> I'm good with my hands.        |
|   | <input type="checkbox"/> I'm good at one or two things. |
|   | <input type="checkbox"/> 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:

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

Use this space to write down your other strengths:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____