

Creating *the NOW*



Determining Career Interests:

Exercise 2

Which of the following do you enjoy doing? Mark a **D** for dislike or an **L** for like before each number. After each of those you marked with an **L**, add a short comment such as why or what part do you really like about the activity.

Activities:

1. Working by myself
2. Working with others
3. Talking on the phone
4. Putting puzzles together
5. Fixing things
6. Taking things apart to see how they work
7. Working with my hands
8. Working with numbers
9. Doing detail work
10. Solving problems
11. Negotiating with or for others
12. Organizing things
13. Communicating with others
14. Showing others how to do things
15. Working at a desk
16. Moving around instead of sitting
17. Driving if it were part of your job
18. Traveling long distances
19. Being of service to others
20. Repairing computers
21. Playing computer games
22. Taking charge of things
23. Caretaking others
24. Doing volunteer work
25. Socializing with friends
26. Being your own boss; creating a business
27. Sales work
28. Working with animals
29. Other; list on the next sheet

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Other Activities Work Sheet