While career-related interest inventories, like the one available through MyPlan.com, are a good way to better understand what kinds of activities appeal to you, they may not capture all your individual and unique interests. Below is a worksheet to further investigate what truly interests you during your everyday life. When completed, review your answers and see if the information can play a role in your career plans.

Do you have any hobbies?

________________________________________________________________________________________

What do you love to do in your free time?

________________________________________________________________________________________

Is there anything you could talk about for hours?

________________________________________________________________________________________

What magazines do you read?

________________________________________________________________________________________

What books do you read?

________________________________________________________________________________________

What Internet sites do you like to browse?

________________________________________________________________________________________

What categories would you choose if you were on a game show?

________________________________________________________________________________________

What were your favorite classes?

________________________________________________________________________________________

What kinds of activities can you “lose yourself” in?

________________________________________________________________________________________

Review your answers. Are there any patterns or common themes? Do you see any connection with your interests and possible careers?

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