

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 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:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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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:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Name _____

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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:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____