

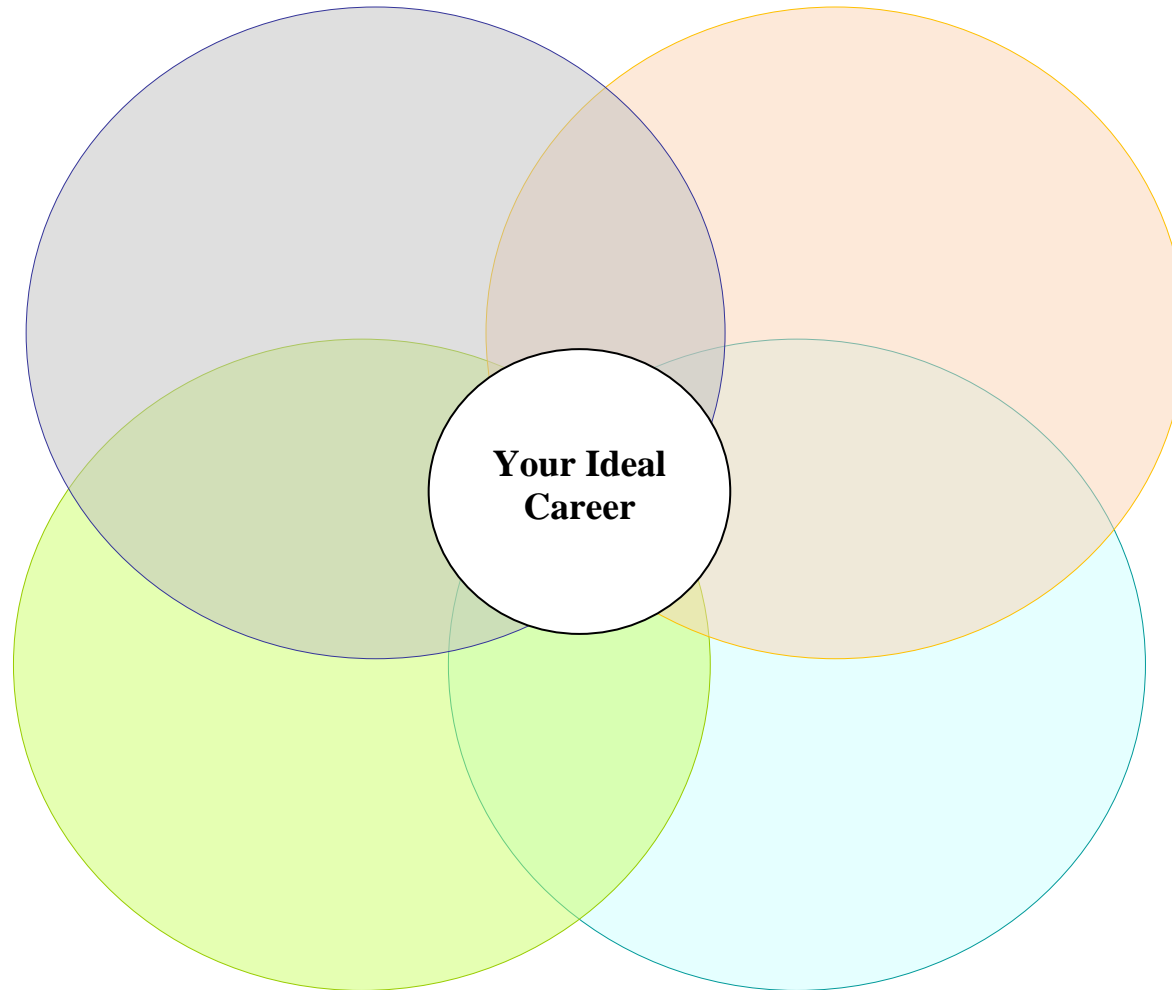


Planning Your Future

Integration: Skills, Interests, Values & Personality/Preferences

What do I like &
enjoy doing?
(Interests)

What are my
personal qualities?
(Personality/Preferences)



What am I
good at?
(Skills/Abilities)

What is
important to me?
(Values)

From everything you have learned thus far, use this sheet to capture your interests, personality and preferences, and values and skills to better understand their purpose and meaning for integration into your life.



Based on an integrated view of your INTERESTS, SKILLS, VALUES, and PERSONALITY/PREFERENCES, what career paths or jobs do they suggest??

✓ Brainstorm for yourself:

✓ Now ask 2-3 other people for their ideas and input (i.e. family members, friends, roommates, etc):