Likes & Dislikes Worksheet

**Directions**
Answer the following questions in the spaces provided.

1. Describe your present lifestyle. What are your hobbies? What do you do when you are not working or in school?

____________________________________________________________________  
____________________________________________________________________

2. What part(s) of your life do you enjoy the most? Time with your family? Learning new things? Hanging out with friends? Other?

____________________________________________________________________  
____________________________________________________________________

3. What part(s) of your life do you dislike? Do you expect this to change soon?

____________________________________________________________________  
____________________________________________________________________

4. Who are the most important people in your life? How do they influence your decisions?

____________________________________________________________________  
____________________________________________________________________  
____________________________________________________________________  
____________________________________________________________________

Assess Yourself

**Audience:** Awareness, Exploration  
**Length:** 15-30 minutes

(State Occupational Information Coordinating Committee)
5. If you have work experience, what are the things about your current or past jobs that you liked and disliked? List 3 likes and 3 dislikes.

<table>
<thead>
<tr>
<th>LIKES</th>
<th>DISLIKES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.__________________________</td>
<td>1.__________________________</td>
</tr>
<tr>
<td>2.__________________________</td>
<td>2.__________________________</td>
</tr>
<tr>
<td>3.__________________________</td>
<td>3.__________________________</td>
</tr>
</tbody>
</table>

6. List 4 careers you have thought about doing. Describe why you're interested in each occupation.

1.____________________________________________________________________
______________________________________________________________________

2.____________________________________________________________________
______________________________________________________________________

3.____________________________________________________________________
______________________________________________________________________

4.____________________________________________________________________
______________________________________________________________________