Self-Exploration Worksheet

Each one of us has unique interests, skills, abilities and preferences. Self-exploration is about becoming aware of those qualities. This information will help you when choosing your education or career path.

**Assess Yourself**

**Audience:** Awareness, Exploration

**Length:** 30-45 minutes

**Directions:** In the spaces below, write down specific things about your interests, skills and abilities. You might want to record the information in your Individualized Learning Plan or in your portfolio.

**My Interests**
List 3 to 5 things you like to do. (Examples: working with tools, helping people, working with numbers, developing new ideas, leading a group, selling things, painting pictures, etc.)

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**My Lifestyle or Work Preferences**
List 3 to 5 lifestyles or work preferences you might think about when exploring the world of work. (Examples: working alone or with others, working inside or outside, working at a specific location, travelling for work, flexible or regular schedules, sitting at a desk or being physically active.)

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**My Skills and Abilities**
List 3 to 5 skills you perform particularly well. (Examples: the ability to multi-task, working in stressful situations, being organized, getting along well with others, managing time efficiently, solving problems, etc.)

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Preferred Education and Training
Enter the amount and type of education and training you have or expect to complete after high school. (This goal might change as you find out more about the occupations you're interested in.)

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Other Things I Learned About Myself
Think about other things you've learned about yourself that are important to consider when making a career decision. For example: personal strengths or weaknesses, values, etc.

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Add this “Self-Exploration Worksheet” and your other assessments to your Individualized Learning Plan or career portfolio for future reference.