

## Interests, Values, Skills

### Interests

How do you like to spend your time? Check all of the activities below that you enjoy.

Being Outdoors	Reading/Writing	Computers
Traveling/Exploring	Analyzing Films	Business Activities
Problem Solving	Photography	Social Media
Building/Designing	Public Speaking	Playing Sports
Dancing/Singing	Social Activism	Studying History
Drawing/Painting	Scientific Learning	Learning Languages

### Values

What matters the most to you? Check all of the concepts below that you regard as core beliefs or ideals.

<b>Achievement:</b> setting and achieving goals	<b>Power:</b> exercising control over others
<b>Autonomy:</b> independence and freedom	<b>Relationships:</b> family, friends, partners
<b>Balance:</b> practicing moderation and order	<b>Respect:</b> care and responsibility (self and others)
<b>Expertise:</b> mastering knowledge	<b>Religion/Spirituality:</b> following core beliefs
<b>Honesty:</b> telling the truth (self and others)	<b>Social Service:</b> contributing to community life
<b>Influence:</b> having an impact on others	<b>Status:</b> achieving professional success
<b>Integrity:</b> standing up for your beliefs	<b>Wealth:</b> financial security and stability

### Skills

What can you do well and where do you lack proficiency? On a scale of 1-4, identify your abilities in the following categories.

1 = no ability    2 = limited ability    3 = moderate ability    4 = strong ability

#### Verbal-Persuasive

- Writing: expression through the written word
- Speaking: expression through oral communication
- Persuading: convincing others about an idea
- Dramatics: relating ideas or stories in a dramatic format
- Negotiation: communication design at reaching agreement

#### Social

- Social ease: comfort with engagement in various social contexts
- Relating to the public: providing people with information, service, or help
- Appearance: dressing appropriately for different social situations
- Feedback: ability to accept criticism and negative evaluations

