What are you interested in? The questions in the chart below will help you understand what you like to do, what you’re good at and what’s important to you.

<table>
<thead>
<tr>
<th>Identify</th>
<th>Ask</th>
<th>Dig Deep for Answers</th>
<th>Your Ideas</th>
</tr>
</thead>
</table>
| Abilities | What am I good at? | Extracurricular activities  
- Can you work as part of a team?  
- Have you been a leader in activities?  
Course strengths  
- Are you a good public speaker?  
- Do you like to do research?  
- Is writing or art something you enjoy?  
Job duties  
- What types of skills do you use at work?  
- Do you interact well with customers? | |
| Interests | What do I like to do? |  
- What are your favorite subjects?  
- What hobbies or other activities do you enjoy?  
- Do you prefer to work alone or in a group?  
- Do you like working with computers?  
- Do you enjoy contact with people? | |
| Values | What's important to me? |  
- Do you want to make a lot of money?  
- Is helping others or making a difference important?  
- Do you enjoy taking risks or do you prefer stability?  
- What kind of lifestyle do you want as an adult? | |