

Worksheet

Getting Started – Knowing Yourself

Use the chart below to list the things you like to do and are good at, as well as things you want to avoid or would need to work harder at in any work that you do. As you compile your lists, be honest and let your passion flow. This isn't the time to worry about being practical. That will come later. Have fun looking for the options that work for you. Once you've pinpointed your five or six options, share them with trusted family and friends. Get their input. Let them be part of your process.

Likes	Dislikes
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
I'm really good at	I need to work on
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____