

# Thinking about Me



Complete this information as fully as you can. Be honest about your answers. They will help you in your process of learning about yourself so that you can make good choices and decisions for your future.

## PERSONAL INFORMATION

My birth date \_\_\_\_\_ My birthplace \_\_\_\_\_ My age \_\_\_\_\_

My address \_\_\_\_\_

My family includes \_\_\_\_\_

Special features of my family are \_\_\_\_\_

\_\_\_\_\_

In addition to my family, my adult allies include \_\_\_\_\_

\_\_\_\_\_

My responsibilities at home include \_\_\_\_\_

\_\_\_\_\_

## SCHOOL WORK

Subjects I enjoy most are \_\_\_\_\_

Subjects I am best at are \_\_\_\_\_

The type of work at school that I like best is \_\_\_\_\_

\_\_\_\_\_

## HOBBIES AND LEISURE INTERESTS

When I'm not at school I like to \_\_\_\_\_

\_\_\_\_\_

I like these because \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_

Class \_\_\_\_\_

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**WORK EXPERIENCE (PAID OR UNPAID)**

I have worked as \_\_\_\_\_

I like to work when \_\_\_\_\_

I don't like to work when \_\_\_\_\_

**GENERAL INTERESTS AND ABILITIES**

I prefer working with (check as many as apply): *(Name one thing you do well in each category)*

i Data (ideas and information) \_\_\_\_\_

i People (or animals) \_\_\_\_\_

i Things (tools and my hands) \_\_\_\_\_

**MY SPECIAL QUALITIES**

Five things I really like about myself are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Other people like my ability to \_\_\_\_\_

\_\_\_\_\_

My greatest achievement so far is \_\_\_\_\_

\_\_\_\_\_

My vision or dream is to \_\_\_\_\_

\_\_\_\_\_

## SUMMARY OF MY TALENTS, STRENGTHS, AND INTERESTS

*Looking back over what you have recorded, sum up what you most like to do and what you are best at.*

I most like to \_\_\_\_\_

\_\_\_\_\_

I am particularly good at \_\_\_\_\_

\_\_\_\_\_

## REFLECTIONS ON CAREER ASSESSMENTS

*If you have used any career tests in school, record what you learned about yourself from each one you have used. If you have not used any, skip this section.*

Name of test \_\_\_\_\_ Date I used it \_\_\_\_\_

I learned that I \_\_\_\_\_

\_\_\_\_\_

Name of test \_\_\_\_\_ Date I used it \_\_\_\_\_

I learned that I \_\_\_\_\_

\_\_\_\_\_

## THINKING BEYOND

Some jobs that use my talents, strengths, and interests are: *(Brainstorm; there are no right or wrong answers!)*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**YOUR SIGNATURE:** \_\_\_\_\_

**REVIEWED BY:** \_\_\_\_\_

*Well done! You've taken your first step in your education plan by thinking about yourself and your life.*