

Self-Awareness: *Personal Inventory*

Value Inventory

Select a maximum of ten values words that define things that are important to you in your life.

- | | | |
|---|---|---|
| <input type="checkbox"/> Balance | <input type="checkbox"/> Excitement | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Cleanliness | <input type="checkbox"/> Fairness | <input type="checkbox"/> Relaxation |
| <input type="checkbox"/> Competence | <input type="checkbox"/> Family | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Communications | <input type="checkbox"/> Having fun | <input type="checkbox"/> Risk Taking |
| <input type="checkbox"/> Competition | <input type="checkbox"/> Health | <input type="checkbox"/> Security |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Helping others | <input type="checkbox"/> Solitude |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Independence | <input type="checkbox"/> Structure |
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Intellectual challenge | <input type="checkbox"/> Variety |
| <input type="checkbox"/> Diversity | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Education | <input type="checkbox"/> Physical challenge | <input type="checkbox"/> Working hard |
| <input type="checkbox"/> Environment | <input type="checkbox"/> Power, control | <input type="checkbox"/> Recognition |

Skills Inventory

Select a maximum of ten skill words that define things that you can do.

- | | | |
|--|---|---|
| <input type="checkbox"/> Adaptability, flexibility | <input type="checkbox"/> Reading, writing skills | <input type="checkbox"/> Networking skills |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Respect for others | <input type="checkbox"/> Physical coordination |
| <input type="checkbox"/> Driving skills | <input type="checkbox"/> Stress management | <input type="checkbox"/> Positive attitude |
| <input type="checkbox"/> General learning ability | <input type="checkbox"/> Technical reasoning | <input type="checkbox"/> Problem-solving skills |
| <input type="checkbox"/> Initiative, persistence | <input type="checkbox"/> Computer literacy | <input type="checkbox"/> Research skills |
| <input type="checkbox"/> Leadership skills | <input type="checkbox"/> Decision-making skills | <input type="checkbox"/> Self-confidence |
| <input type="checkbox"/> Mathematical reasoning | <input type="checkbox"/> Financial management | <input type="checkbox"/> Teamwork skills |
| <input type="checkbox"/> Organization skills | <input type="checkbox"/> Goal setting | <input type="checkbox"/> Time management |
| <input type="checkbox"/> Physical strength | <input type="checkbox"/> Integrity, personal ethics | <input type="checkbox"/> Listening skills |
| <input type="checkbox"/> Presentation skills | | |

Interests Inventory

Select a maximum of ten interest words that define things that you would like to do in your life.

- | | | |
|---|---|---|
| <input type="checkbox"/> Aerobics, jogging | <input type="checkbox"/> Fixing things | <input type="checkbox"/> Reading |
| <input type="checkbox"/> Animals, pets | <input type="checkbox"/> Gardening, landscape | <input type="checkbox"/> Science |
| <input type="checkbox"/> Art activities | <input type="checkbox"/> Helping kids | <input type="checkbox"/> Sewing |
| <input type="checkbox"/> Beachcombing | <input type="checkbox"/> Individual sports | <input type="checkbox"/> Shopping |
| <input type="checkbox"/> Being with people | <input type="checkbox"/> Listening to music | <input type="checkbox"/> Space, rocketry |
| <input type="checkbox"/> Boating, sailing | <input type="checkbox"/> Mechanics | <input type="checkbox"/> Studying languages |
| <input type="checkbox"/> Building things | <input type="checkbox"/> Meeting new people | <input type="checkbox"/> Team sports |
| <input type="checkbox"/> Collecting things | <input type="checkbox"/> Money | <input type="checkbox"/> Travel, sightseeing |
| <input type="checkbox"/> Computer, Internet | <input type="checkbox"/> Music, singing | <input type="checkbox"/> Video games |
| <input type="checkbox"/> Cooking | <input type="checkbox"/> Nature | <input type="checkbox"/> Visiting museums |
| <input type="checkbox"/> Crafts | <input type="checkbox"/> Organizing things | <input type="checkbox"/> Volunteer Work |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Outdoor recreation | <input type="checkbox"/> Movies |
| <input type="checkbox"/> Debating | <input type="checkbox"/> Photography | <input type="checkbox"/> Working with numbers |
| <input type="checkbox"/> Designing things | <input type="checkbox"/> Playing games, cards | <input type="checkbox"/> Working with tools |
| <input type="checkbox"/> Drama, Theatre | <input type="checkbox"/> Public speaking | <input type="checkbox"/> Writing stories, letters |
| <input type="checkbox"/> Drawing cartoons | <input type="checkbox"/> Puzzles, mazes | <input type="checkbox"/> Figuring things out |

Style Inventory

Select one of each pair of style words that define your personal tendencies and preferences in life.

<input type="checkbox"/> Inward <i>The reserved, quiet, calm you. It is the concentrating and/or listening you.</i>	<input type="checkbox"/> Outward <i>The expressive, lively, outgoing you. It is the interactive and/or talkative you.</i>
<input type="checkbox"/> Realistic <i>The world o today you. Prefer facts, products, hands-on involvement</i>	<input type="checkbox"/> Intuition, dreams <i>The world of possibilities you. Like to play with ideas, invent things, see the meaning behind things</i>
<input type="checkbox"/> Thinking <i>The logical, critical, analytical, firm you. Do what's fair, tend to make decisions by reasoning.</i>	<input type="checkbox"/> Feeling <i>The gentle, considerate, appreciative, caring you. Humane, tend to make decisions compassionately.</i>
<input type="checkbox"/> Planning <i>The disciplined, structured, organized, decisive you. Tend to make schedules, go step-by-step, and see a project to completion.</i>	<input type="checkbox"/> Improvising <i>The free flowing, random, spontaneous, momentary you. Tend to wait and see, improvise, create, and start many things</i>
<input type="checkbox"/> People <i>The part of you that prefers to work, play and learn with other people.</i>	<input type="checkbox"/> Private <i>The part of you that prefers to work, play and learn alone -- books, video, experiences.</i>
<input type="checkbox"/> Stable <i>The constant, predictable, solid you. Prefer clear rules, true-blue individuals.</i>	<input type="checkbox"/> Changing <i>The variety, novelty, diverse you. Prefer flexibility, change, off-the-wall characters.</i>
<input type="checkbox"/> Challenge <i>The competitive, goal-driven, contests you. Enjoy debates, games, and insurmountable odds.</i>	<input type="checkbox"/> Cooperative <i>The feeling, concerned, supportive you. Enjoy sharing, friendship and cooperative ventures</i>
<input type="checkbox"/> Spotlight <i>The limelight, center, leadership you. Prefer recognition, clear benefits, independence</i>	<input type="checkbox"/> Backstage <i>The teamwork, acceptance, shared goals you. Prefer contribution, volunteerism, making a difference for others</i>

1. From your values inventory list your top three values

1.

2.

3.

2. Your ideal career would contain the values, skills and interests you identified in the inventory. Consider and list three occupations that would include many of the items you identified in the survey.