



My interests

You all know some things that you enjoy doing and other things that you don't enjoy.

1. Put a tick (✓) in the appropriate boxes to show how much you like doing these things.



Activities	Really enjoy	Enjoy	Don't enjoy
Planning social activities			
Playing sport			
Gardening			
Writing stories, poems or plays			
Making friends			
Working with machines and equipment			
Remembering things			
Maths			
Playing a musical instrument			
Being responsible			
Learning new work			
Talking to people			
Fixing machines			
Being a team leader			
Cooking food			
Listening to others			
Working as part of a team			
Following directions			
Bushwalking			
Being friendly			
Speaking in front of people			
Working without supervision			
Designing things			
Drawing, painting or ceramics			
Lifting heavy objects			
Working with animals			
Solving puzzles or computer games			
Photography			
Keeping fit and healthy			
Selling things			
Being honest			
Promoting activities and events			



My interests



2. *Other things I like doing are:*

3. *Some of the things I don't enjoy are:*

4. *Sometimes people have to do things they don't enjoy. List some of the things you don't enjoy doing, but you have to do. Write down how you deal with having to do things you don't enjoy.*



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Like abilities, interests can also be divided into different groups.

5. Now, under the headings used in the Job Guide, list the activities from the last table that you enjoy/really enjoy doing under the appropriate headings

Analytic or Scientific

Creative or Artistic

Helping or Advising

Nature or Recreation

Organising or Clerical

Persuading or Service

Practical or Mechanical



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6. Compare the information about your interests with your abilities information and fill in the table.

Things I am good at and enjoy	Things I am good at and don't enjoy

- 7 Identify some jobs and leisure activities where you might be able to do things that you are good at and enjoy.

Things I am good at and enjoy	Jobs where I could do these things	Leisure activities where I could do these things