



## Personal Interests Worksheet

I am happiest when I am:

My idea of a perfect day:

Five things I really enjoy doing:

- 1.
- 2.
- 3.
- 4.
- 5.

Three things I like to do every day:

- 1.
- 2.
- 3.

One thing that I would like to do every year:

If I had a free hour every day, I would:

I am most passionate about:

Issues or causes I care deeply about:

If I had the talent or ability, I would:

If I could choose any job, it would be:

**Answer the following questions.**

What are the three activities that you most love to do?

- 1.
- 2.
- 3.

How often do you do them?

If you would like to do them more often, what is stopping you?

What specific changes would you need to make in order to engage in these activities more frequently?