

# Interest Exploration

INTEREST: EXCITING ONES ATTENTION,  
CONCERN, OR CURIOSITY

Instructions:

Work through the following questions, trying to be as detailed as you can.

---

1) What do you currently like to do in your spare time?

---

---

---

---

---

---

---

---

2) What activities or hobbies did you previously enjoy doing?

---

---

---

---

---

---

---

---

---

“Just because your life changes doesn’t mean that your deepest passions have to.”

- Shannon Miller

# Interest Exploration Cont.

---

3) Thinking back over your life, what activities or accomplishment has brought you the most joy or gratitude?

---

---

---

---

---

---

---

---

4) If you could take a course in anything, what would it be? What about this topic interests you?

---

---

---

---

---

---

---

---

---

“Passion is your joy, it is the essence of who you are. You have to unwrap it and find it.”  
- Jackie St. Onge

# Interest Exploration Cont.

---

5) If you could trade jobs with 3 people, who would they be and why?

---

---

---

---

---

---

---

---

---

---

6) If you could travel anywhere, where would it be? What would you do there?

---

---

---

---

---

"Forget about the fast lane. If you really want to fly, harness your power to your passion. Honor your calling. Everybody has one. Trust your heart, and success will come to you."

- Oprah Winfrey

# Interest Exploration Cont.

---

7) What world issues interest you and why?

---

---

---

---

8) If you could do anything, without fear of failure, what would you do?

---

---

---

---

9) Look through all of your answers, can you identify any themes, or classify the prominent activities in any way?

---

---

---

---

---

“Know your passion. Follow it. Dream it. Live it.”

-Anonymous

Adapted from "What are your interests" acquired from  
<https://students.tufts.edu/career-center/i-need/explore-skills-interests>