

Interests Checklist

INTERESTS: ACTIVITIES YOU ENJOY DOING
OR SUBJECTS YOU ARE INTERESTED IN

Instructions:

Read through the list below and put a check mark next to the activities that you currently do. Put a star next to activities you enjoy, or think you would enjoy trying.

- | | |
|---|---|
| <input type="checkbox"/> studying nature | <input type="checkbox"/> supervising people |
| <input type="checkbox"/> being outdoors | <input type="checkbox"/> public speaking |
| <input type="checkbox"/> rearranging furniture | <input type="checkbox"/> using social media tools |
| <input type="checkbox"/> decorating things | <input type="checkbox"/> conserving natural resources |
| <input type="checkbox"/> collecting things | <input type="checkbox"/> drawing, painting, sketching |
| <input type="checkbox"/> listening to music | <input type="checkbox"/> studying art |
| <input type="checkbox"/> traveling | <input type="checkbox"/> organizing information/records |
| <input type="checkbox"/> playing with children | <input type="checkbox"/> working with animals |
| <input type="checkbox"/> solving problems | <input type="checkbox"/> being around animals |
| <input type="checkbox"/> working with numbers | <input type="checkbox"/> scientific research |
| <input type="checkbox"/> charity work | <input type="checkbox"/> studying the media |
| <input type="checkbox"/> auto work/repair | <input type="checkbox"/> reading |
| <input type="checkbox"/> gardening | <input type="checkbox"/> analyzing movies |
| <input type="checkbox"/> meeting people | <input type="checkbox"/> designing things |
| <input type="checkbox"/> reading spiritual guides | <input type="checkbox"/> budgeting |
| <input type="checkbox"/> building things | <input type="checkbox"/> joining public causes |
| <input type="checkbox"/> analyzing systems | <input type="checkbox"/> talking about politics |
| <input type="checkbox"/> studying languages | <input type="checkbox"/> doing electrical work |
| <input type="checkbox"/> engaging in business | <input type="checkbox"/> studying stocks/investments |
| <input type="checkbox"/> teaching others tools | <input type="checkbox"/> data processing |
| <input type="checkbox"/> exploring new places | <input type="checkbox"/> science fiction |

"Passion is energy. Feel the power that comes from focusing on what excites you."

-Oprah Winfrey

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

Interests Checklist Cont.

- photography
 - writing poetry and stories
 - programming computers
 - observing human behavior
 - church activities
 - solving crossword puzzles
 - hands-on activities
 - creating new things
 - learning how things work
 - philosophy
 - dissecting an organism
 - dancing
 - ballet
 - bird watching
 - anticipating others' needs
 - visiting the elderly
 - socializing
 - caring for the sick
 - giving advice
 - planning events
 - studying artifacts
 - singing
 - playing team sports
 - playing individual sports
 - studying maps
 - selling things
 - analytical writing
- Other things not listed:

Looking through the list, what themes do you notice? What activities can you start to incorporate to your life today?

"Nothing is as important as passion. No matter what you want to do with your life, be passionate."

—Jon Bon Jovi