

# Taking An Inventory Of Your Life



What are some of the roles you might have during your lifetime? Make a list of your current and future roles.

Current

Future

What are your priorities in life? List the three things that are most important to you:

- 1.
- 2.
- 3.

What are your favourite pastimes? List the activities you enjoy:

- during your leisure time.
- during time with family members.
- while learning.
- while working at a job or volunteering in the community.

Of the interests you listed, which might most influence your occupational choice?

How would you describe your personality? Are you a “selfstarter”? Do you panic under pressure?

How might your personality traits impact your career?

Do you have natural talents or aptitudes? What are they?

Describe the skills you have developed during your life. Which are the strongest?

What skills would you like to learn or improve? (Think about abilities such as speaking or writing, as well as physical abilities such as playing sports.)

Based on the priorities, interests and skills you've identified, write a statement that describes what you think is the ideal career path for you.