




MY PERSONALITY PROFILE

In the "Who am I?" stage of the Career Development Process, understanding who you are is key. Our interests, skills & values are all related to the careers we choose.

Instructions: Please take the time to self reflect and fill in the sections.

INTERESTS Things I like (ex: playing sports) 	SKILLS/ATTRIBUTES Things I am good at (ex: research) 
	VALUES Things that are important to me (ex: kindness) 

Your favourite school subjects:

Your favourite extracurriculars:
