

MY PERSONALITY PROFILE

In the “Who am I?” stage of the Career Development Process, understanding who you are is key. Interests, skills/attributes and values are all related to the careers you choose. Values indicate your principles and beliefs. Skills and attributes determine your strengths and opportunities. Interests indicate your passions. By identifying each, this introspective activity will help you better understand yourself and potential career options.

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

VALUES

Things that are important to me

SKILLS/ATTRIBUTES

Things I am good at

INTERESTS

Things I like