

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 and completing this introspective activity, you will 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 (e.g. Kindness)

SKILLS/ATTRIBUTES

Things I am good at (e.g. Research)

INTERESTS

Things I like (e.g. Playing sports)

We all have activities we all really enjoy. Please take some time to list things you really love to do:

Choose one of your top interests and list any related occupations.

Example:
Interest: creative writing.
Potential careers: English teacher, author, magazine editor, professor, blogger, childrens writer, event planner, communication consultant, cartoonist, editor, journalist, etc.
Interest:

Potential Careers:

We all work for many different reasons, please take time to list and rank your career motivations below with number 1 being the highest priority & number 3 being the lowest priority

Example:
1. Passion
2. Wages
3. To help others

Please feel encouraged to add your own reasons aside from the examples listed above.

1.

2.

3.

WORD BANK

Values

- Happiness
- Success
- Balance
- Humour
- Health
- Learning
- Responsibility
- Flexibility
- Knowledge
- Resilience
- Uniqueness
- Respect
- Honesty
- Faith
- Leadership
- Compassion
- Kindness
- Family & Friends

Skills

- Listening
- Studying
- Writing
- Math
- Presenting
- Athletic
- Research
- Reading
- Working with Computers and/or Technology
- Oral Communication

Interests

- Meeting new people
- Animals
- Writing stories
- Arts and crafts
- Drama/Theatre
- Camping/Hiking
- Video Games
- Swimming
- Playing sports
- Skateboarding
- Visiting new places
- Reading books
- Snowboarding/Skiing
- Music/Dancing
- Technology
- Bike Riding
- Speaking/Learning languages
- Solving puzzles/problems
- Drawing pictures
- Watching TV/Movies
- Cooking/Baking
- Building, repairing and designing

Reasons to work

- Passions
- Wages
- Fulfillment
- Development
- Financial Stability
- Community
- Purpose