

## What Do I Like Doing?

### Instructions for the Guidance Practitioner:

This exercise focuses on developing self-awareness and self-knowledge. The answers given will provide a starting point for a dialogue with the person about their interests and preferred behaviour. Remember these are generic descriptions so it is really important that you discuss the strength areas with the person, they may agree or disagree with some or all of the generic descriptions, but it enables a discussion which can lead to an more informed understanding of what the person likes and dislikes.

Get started by asking the person to circle the number which they feel most applies to them for each statement. Ask the person to work through these at a steady pace, and not to think too long about each one, but to go with their 'gut feeling'.

### Remember to explain:

- As individuals we are a mix of personality traits, everyone is unique and different
- Most people make choices about what they like to do, and these choices tend to coincide with their talents and abilities
- Realising our strengths helps us build confidence and self-worth
- These personal strengths and abilities also transfer to the world of work
- Understanding and identifying what we are good at, and what we like and dislike, may help us to make more informed career decisions

## What Do I Like Doing?

Circle the number that represents your level of agreement: 1 = Highly Disagree 5 = Highly Agree



### Interest Group P

I like fixing and repairing things	1	2	3	4	5
I like to be very fit and active	1	2	3	4	5
I like making things with my hands	1	2	3	4	5
I like doing things outdoors	1	2	3	4	5
I enjoy hard, physical work	1	2	3	4	5
I am comfortable working with tools and machinery	1	2	3	4	5

**Total P score:** \_\_\_\_\_

### Interest Group O

I Like to understand things thoroughly	1	2	3	4	5
I enjoy working through and solving problems	1	2	3	4	5
I like learning about new things	1	2	3	4	5
I enjoy trying to persuade other adults	1	2	3	4	5
I like making decisions	1	2	3	4	5
I enjoy organising other adults	1	2	3	4	5

**Total O score:** \_\_\_\_\_

### Interest Group A

I like going to exhibitions, films and plays	1	2	3	4	5
I like to be different	1	2	3	4	5
I forget about everything else when I'm creative	1	2	3	4	5
I like to live with beautiful and unusual things	1	2	3	4	5
I like to use my imagination	1	2	3	4	5
I like expressing myself by writing, painting, music, making things	1	2	3	4	5

**Total A score:** \_\_\_\_\_

### Interest Group S

I enjoy being with people	1	2	3	4	5
I like to talk things through with others	1	2	3	4	5
I seek to be close to people	1	2	3	4	5
I get a lot from helping people	1	2	3	4	5
I like helping others to develop and learn	1	2	3	4	5
Who I'm with is more important than where I am	1	2	3	4	5

**Total S score:** \_\_\_\_\_

### Interest Group M

I like to be given clear directions	1	2	3	4	5
I like to take care in my work	1	2	3	4	5
I like a clear structure and regular routine	1	2	3	4	5
I am very reliable and proud to be so	1	2	3	4	5
I enjoy working with figures	1	2	3	4	5
I like organising people, ideas, and arrangements down to the last detail	1	2	3	4	5

**Total M score:** \_\_\_\_\_

## THESE ARE MY STRENGTHS

### **P Group people are PRACTICAL and RESOURCEFUL**

You like using your hands to use tools, machinery, and equipment. You like building making and repairing things. You like to solve other people's problems by practical action. You tend to be down-to-earth and matter of fact. You can do fiddly, precise jobs with your hands, and you may be physically fit.

### **S Group people are SOCIAL and CARING**

You like helping people and enjoy close relationships and friendships. You are friendly, outgoing, sensitive, and helpful. You can be very patient if needed.

### **A Group people are ARTISTIC and CREATIVE**

You have imagination and express your ideas by the way you look, furnish your home, and /or by art, writing, gardening, by the way you speak and see life. Independent minded, you often like to do your own thing, and go your own way.

### **O Group people are ORGANISATIONAL and MANAGERIAL**

You are good at getting other people to do things. You are strong, outgoing, lively, enthusiastic. You like being in charge, and you are successful at organising people and events. You like making decisions.

### **M Group people are METHODICAL and SYSTEMATIC**

You enjoy detailed, fiddly work which needs concentration, clarity, and accuracy. You are probably neat and tidy, precise, patient, and efficient. You like to set up routines and stick to them. You may like working with figures. You are very reliable, and good at time keeping.