

Name \_\_\_\_\_

Date \_\_\_\_\_

# **A Personal Checklist:**

## **Likes and Dislikes**

**Directions:** Put a (1) next to any hobbies, interests, or activities that you like. Put a (2) next to any activity you do not like. Then, put a circle around the 3 things you like to do the *most*.

- |   |  |
|---|--|
| <input type="checkbox"/> Playing sports<br><input type="checkbox"/> Camping, Hiking<br><input type="checkbox"/> Fishing<br><input type="checkbox"/> Hunting<br><input type="checkbox"/> Swimming<br><input type="checkbox"/> Bicycling<br><input type="checkbox"/> Horseback Riding<br><input type="checkbox"/> Skiing<br><input type="checkbox"/> Keeping pets<br><input type="checkbox"/> Taking care of animals<br><input type="checkbox"/> Gardening or taking care of plants<br><input type="checkbox"/> Farming<br><input type="checkbox"/> Woodworking<br><input type="checkbox"/> Beauty and hair care<br><input type="checkbox"/> Listening to music<br><input type="checkbox"/> Writing songs, stories, poems<br><input type="checkbox"/> Watching TV or movies<br><input type="checkbox"/> Playing an instrument<br><input type="checkbox"/> Being a leader of a group | <input type="checkbox"/> Drawing<br><input type="checkbox"/> Painting<br><input type="checkbox"/> Taking care of people<br><input type="checkbox"/> Babysitting<br><input type="checkbox"/> Going to church/synagogue/temple<br><input type="checkbox"/> Belonging to a club<br><input type="checkbox"/> Collecting things<br><input type="checkbox"/> Visiting with friends<br><input type="checkbox"/> Sleeping<br><input type="checkbox"/> Eating<br><input type="checkbox"/> Using a Computer<br><input type="checkbox"/> Playing Video games<br><input type="checkbox"/> Cooking<br><input type="checkbox"/> Sewing<br><input type="checkbox"/> Knitting<br><input type="checkbox"/> Reading<br><input type="checkbox"/> Photography<br><input type="checkbox"/> Roller Blading<br><input type="checkbox"/> Motorcross<br><input type="checkbox"/> Working Out/exercising |
|---|--|

Use this space to add other hobbies and interests you can think of:


Adapted from "Speak Up for Yourself and Your Future", Department of Special Education, University of Vermont, 1993.

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## ***A Personal Checklist:***

### ***Personal Strengths***

**Directions:** Put a (1) next to any sentence that describes you. When you have finished, put a circle around the 3 sentences that *best* describe you.

\_\_\_ I'm reliable (people can count on me).

\_\_\_ I'm friendly.

\_\_\_ I am good at many things.

\_\_\_ I try to follow instructions.

\_\_\_ I like to do things with others.

\_\_\_ I like to do things on my own.

\_\_\_ I like to help other people.

\_\_\_ I like to keep things neat and organized.

\_\_\_ I like to have a good time.

\_\_\_ I have good common sense.

\_\_\_ I stick with things until they get done.

\_\_\_ I can work out my problems on my own.

\_\_\_ I ask others for help when I need it.

\_\_\_ I can help others work out their problems.

\_\_\_ I'm good at fixing things.

\_\_\_ I have a lot of energy.

\_\_\_ I'm a good listener.

\_\_\_ I'm polite.

\_\_\_ I'm honest.

\_\_\_ I'm hard-working.

\_\_\_ I'm usually on time.

\_\_\_ I'm serious.

\_\_\_ I'm generous.

\_\_\_ I'm proud of myself.

\_\_\_ I can keep a secret.

\_\_\_ I'm a good friend.

\_\_\_ I'm a good student.

\_\_\_ I'm musical.

\_\_\_ I'm artistic.

\_\_\_ I'm creative.

\_\_\_ I'm good with words.

\_\_\_ I'm good with my hands.

\_\_\_ I'm good at one or two things.

Use this space to write down your other strengths:

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## ***A Personal Checklist:***

### ***Skills***

**Directions:** Put a (1) next to all the things you are good at. Then, put a circle around the 3 things you do *best*.

I'm good at:

- |                          |                             |                          |                      |
|--------------------------|-----------------------------|--------------------------|----------------------|
| <input type="checkbox"/> | Taking care of other people | <input type="checkbox"/> | Reading              |
| <input type="checkbox"/> | Working with other people   | <input type="checkbox"/> | Writing              |
| <input type="checkbox"/> | Organizing things           | <input type="checkbox"/> | Math                 |
| <input type="checkbox"/> | Making changes              | <input type="checkbox"/> | Science              |
| <input type="checkbox"/> | Using a computer            | <input type="checkbox"/> | Social Studies       |
| <input type="checkbox"/> | Answering the phone         | <input type="checkbox"/> | Art                  |
| <input type="checkbox"/> | Woodworking                 | <input type="checkbox"/> | Sports               |
| <input type="checkbox"/> | House painting              | <input type="checkbox"/> | Music                |
| <input type="checkbox"/> | Operating machines or tools | <input type="checkbox"/> | Teaching friends     |
| <input type="checkbox"/> | Fixing cars                 | <input type="checkbox"/> | Babysitting          |
| <input type="checkbox"/> | Waiting on tables           | <input type="checkbox"/> | Gardening            |
| <input type="checkbox"/> | Doing yard work             | <input type="checkbox"/> | Cooking              |
| <input type="checkbox"/> | Farming                     | <input type="checkbox"/> | Sewing or knitting   |
| <input type="checkbox"/> | Hairdressing                | <input type="checkbox"/> | Being a team captain |
| <input type="checkbox"/> | Cleaning                    |                          |                      |

Use this space to list other things you do well:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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