**Personal Inventory**

It can be challenging to identify your own interests, skills and talents, because we aren’t always used to thinking of ourselves in those terms. We don’t always qualify our interests as “interests” – it’s just stuff we like to do. In order to more closely identify these things about ourselves, we first have to define them:

**Interests** are the things that make you think and that you’d like to learn more about – you might be interested in Ancient Egypt, music, life beneath the ocean, the American Revolution, animals, travel… Any topic that makes you feel intrigued, excited or curious can be an interest.

Your **skills and talents** are those activities and acts that you like to do, or that you do easily or well. Do you like to write? To dance? To fix cars? Can you bake fancy cakes? Play an instrument? Do you beat every video game you buy inside of a month?

Sometimes, we are so accustomed to thinking about our own interests, or to taking our skills and talents for granted because they’re so much a part of us, that it can be hard for us to identify. So, the inventory below has two columns – in the first column, you will fill it out based on your understanding of yourself. Ask someone else close to you – a friend, parent, coach, sibling – to fill out the other side. You might be surprised by what others perceive your talents to be.

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|  | **My Perceptions**  | **Me, As Viewed By: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| Interests: I like to learn and think about…… |  |  |
| Skills and Talents: I can….. |  |  |
| Principled Action: Describe a time when you helped someone or did something to benefit another person/group |  |  |