

Interests and Strengths Questionnaire

What I like about myself and others:

What I'd change about myself and others:

Favorite subjects and activities:

Least favorite subjects and activities:

Best friends:

Songs, books, and movies I like:

A job that I might like to do one day:

Skills that would help me to do that job:

What might stop me from doing what I want (people, my weaknesses):

Who could help me achieve my goals:

Other things I think about: