

Discovering Your Strengths and Interests

There are so many career options out there. It may seem overwhelming to imagine where you will end up in the years to come. It may be helpful to ask yourself some personal questions. Your answers can help you determine your strengths and interests and help you set goals.

Here are some questions you might try asking yourself:

What activities do I participate in at school?

What activities do I enjoy outside of school?

What are my biggest strengths and talents?

What do I like most about myself?

What are my positive personality traits?

What activities could I be doing to enhance my strengths and talents?

What is a significant event that has affected my life?

What are my hopes and dreams for the future?

What do I want to be when I grow up?

What worries do I have about the future?

Share these answers with your parents, teachers, guidance counselor, and coaches.