

My Personal Profile

Use this tool to help identify your interests, values, personality traits, and skills and abilities. This exercise will build your personal profile, and help you get to know yourself better.

Go through the pages of this worksheet and mark off your interests, values, personality traits, and skills and abilities from each inventory list. At the end, go back to your lists and put a star beside your “top 2-3”. So...for interests, choose the 2-3 things you are MOST interested in and put a star beside these. Then put a star beside the 2-3 things that you value the MOST. Do the same for abilities and personality traits.

Interests

Here are some examples of interests. They are all words or phrases that could be used to complete the sentence: “I really like...” Circle any that apply to you. Do not limit yourself to this list! Add others that are missing.

Accounting	Helping others	Research
Animals	History	Sciences
Art	International development	Selling
Assembling/making things	Internet	Shopping
Biology	Justice	Social Justice
Chemistry	Languages	Social Media
Classifying things	Leading a group	Solving technical problems
Computer programming/ App Development	Learning new things	Sports
Cooking	Literature	Talking/Discussing with people
Creative Writing	Mathematics	Teaching
Cultural Diversity	Meeting challenges	Texting
Current events	Meeting people	Theatre
Dancing	Music	The economy

Debating	New Experiences	Traveling
Discussing	Outdoors/Nature	Using the computer
Fashion	Performing	Working with hands
Finance	Photography	Working with numbers
Finding information	Physical activities	Writing
Fundraising	Physics	Writing reports/technical documents
Gaming	Planning activities/events	
Giving directions	Politics	
Group participation	Psychology	
Health/Fitness	Public speaking	
Health/Nutrition	Reading	

Values

Here are some examples of values. They are all words or phrases that could be used to complete the sentence: "I value..." Circle any that apply to you. Do not limit yourself to this list. Add any that are missing for you.

Achievement	Freedom	Physical comfort
Advancement	Friendship	Positivity
Adventure	Hard working	Power
Affection	Harmony	Prestige/Recognition
Autonomy/Independence	Health	Progress/Innovation Try new things
Beauty	Helping others	Punctuality
Belonging	Honesty/Sincerity	Reaching my full potential
Career security	Humour	Recognition
Community	Innovative	Religion

Competition	Integrity	Respect for self and others
Contributing to society	Involvement	Responsibility
Control	Justice	Safety
Cooperation	Leisure/Having fun	Self-Respect
Creativity	Love	Simplicity
Culture/Language	Loyalty	Social status
Economic Security	Modesty	Uniqueness
Education/Knowledge	Money	Variety/Change
Efficiency	Order/structure	Wealth
Environment	Openness	Wisdom
Excellence	Optimism	Work
Fairness	Peace	
Fame	Personal achievement	
Family	Perseverance	
Following rules	Pleasure	

Personality Traits/Qualities

Here are some examples of personality traits. They are all words or phrases that could be used to complete the sentence: "I am ...". Circle any that apply to you. Do not limit yourself to this list. Add any that are missing for you.

Active	Determined	Innovative	Practical
Adventurous	Disciplined	Inspiring	Realistic
Ambitious	Discrete	Introverted	Reflective
Attentive	Dreamer	Intuitive	Reliable
Bold	Dynamic	Leader	Reserved/shy
Brave	Emotional	Leading edge	Respectful

Calm	Energetic/ Enthusiastic	Likable	Responsible
Caring	Entrepreneurial	Loyal	Sensible
Careful	Ethical	Methodical	Serious
Cheerful	Expressive	Optimistic	Sociable
Comedian	Flexible	Organized	Spontaneous
Competitive	Funny	Original	Strategic
Confident	Generous	Open	Sympathetic
Convincing	Helpful	Passionate	Thoughtful
Courageous	Holistic	Patient	Tolerant
Creative	Honest	Persevering	Welcoming
Critical thinker	Honourable	Perceptive	
Curious	Hospitable/ Welcoming	Perfectionist	
Dedicated	Imaginative	Planner	
Demanding	Independent	Positive	

Abilities and Skills

Here are some examples of abilities and skills. They are all words or phrases that could be used to complete the sentence: "I am really good at..." as it relates to *personal or self-management skills*. Circle any that apply to you. Do not limit yourself to this list. Add any that are missing for you.

Advising	Handling complaints	Public relations
Analyzing (text, data)	Helping others (listening, understanding...)	Putting things together
Arranging meetings	Hosting/socializing with others	Reading comprehension
Athletic	Improvising/adapting	Repairing (computers/things)

Assembling things	Interviewing people	Researching
Building relationships	Interpreting	Selling
Caring for others	Languages	Singing
Classifying objects, documents	Learning new things	Strategic
Collaborating	Listening	Summarizing
Comparing (things/data)	Leading a group discussion	Supervising/Managing
Composing (text, music)	Making lists	Teaching/Instructing
Conducting experiments	Manual Labour	Training animals
Consulting with people	Managing stress	Understanding/Speaking other languages
Coordinating events	Managing time	Using camera equipment
Creating/Inventing	Motivating	Using different software
Decision making	Navigating online	Using laboratory apparatus
Delegating	Negotiating	Using tools (saw/hammer)
Developing strategies	Operating heavy equipment	Working independently
Developing systems	Oral communication	Working with animals
Drawing	Organizing	Working with others
Establishing systems/processes	Persuading/influencing	Working with numbers
Financial management	Planning	Written communication
Fundraising	Playing a musical instrument	Writing (grammar, spelling)
Gardening	Preparing text/documents	
Giving instructions/information/advice	Problem-solving	
Goal setting	Public speaking	

My Personal Profile

Now record all of the items you have put a star beside

My Top Interests

1.

2.

3.

My Top Values

1.

2.

3.

My Top Abilities

1.

2.

3.

My Top Personality Traits/Qualities

1.

2.

3.