

Life Interests Inventory

Your interests are what make you unique and interesting when connecting with people in conversations, on social media, and in meetings. When you build skills around your interests, you become more healthy, more knowledgeable, and have more fun. Your interests will help you see where you might try out new experiences, develop a skill, or think about a career direction. Mark the items below that interest you, add to the list if needed, then write your top 3 interests in your LifeWork Success Planner Profile “3 Things you like to do for fun, hobby, sport.”

Outdoors

- Running
- Hiking and camping
- Swimming
- Walking
- Gardening
- Building

Knowledge

- Science
- Reading
- History

Entrepreneurship

- Marketing
- Public speaking
- Inventing

Culture

- Traveling
- Learning new languages

Creativity

- Writing music
- Creative Writing
- Creating art
- Photography
- Cooking

Social

- Games
- Entertaining

Download your, *LifeWork Success Planner*, if you haven't already. Add this page to your *LifeWork Success Portfolio*.