

# Interest Inventory

**Instructions:** This activity will lead you through the exercise of taking an inventory of your interests, strengths, weaknesses, and desires for the future. Take some time to think about each of these questions and prompts before thoughtfully responding below. This information will be used for future activities.

<p><b>What am I interested in?</b></p>	<p><b>What are my strengths?</b></p>	<p><b>What are my weaknesses? Where do I need additional help?</b></p>
<p><b>What activities have I been involved in during high school (teams, clubs, honors, etc.)?</b></p>	<p><b>What kind of experience do I want to have after high school?</b></p>	<p><b>As an adult, where do I want to live? What kind of lifestyle do I want to have?</b></p>

**Instructions:** For this next section, read the following information about values and how they relate to your career. Then, think about each of the following prompts and thoughtfully respond to each. This information will be used for

### Values and Your Career

Your core values are important to consider when you are evaluating career options. These core values are principles that you find desirable, important, or even essential. Finding alignment between your values and your career leads to satisfaction, happiness, and fulfillment. Misaligned careers and values can cause minor and major disruptions to both your professional and personal life.

**Core values related to work are often broken into three types: Intrinsic, Extrinsic, and Lifestyle.**

#### INTRINSIC VALUES

Intrinsic values are those that motivate a person and help them feel fulfilled. These are the internal values that make you feel good about what you're contributing to the world and your place in it.  
Ex. Giving back to society, expressing your creativity

#### EXTRINSIC VALUES

Extrinsic values are the tangible rewards earned from the activities you participate in. These are the external values you have that come from the things you do in the world.  
Ex. Good pay, working as part of a team, having influence and power in a workplace

#### LIFESTYLE VALUES

Lifestyle values are a second-tier value. What you do for a career and where you work produces a certain type of lifestyle. The type of lifestyle you desire can help round out what you value.  
Ex. Living in a big city, lots of travel, or having time to spend with your family

**What are your INTRINSIC values?**

**What are your EXTRINSIC values?**

**What are your LFIESTYLE values?**