

# Interest Inventory

Category	Activity	Degree of Interest			Participation?		
		Strong	Some	None	Past	Present	Future
<b>1</b>	<b>Health &amp; Fitness</b>	Aerobics / Gym					
		Cycling					
		Running / Jogging					
		Roller blading / Ice Skating					
		Swimming					
		Yoga / Tai Chi.....					
		Other Health and fitness					
<b>2</b>	<b>Sports</b>	Athletics					
		Basketball / Netball					
		Bowling					
		Cricket / Baseball / Rounders					
		Darts					
		Football / Rugby / Hockey					
		Golf					
		Martial Arts / Boxing / Fencing					
		Pool / Snooker					
		Spectator Sports					
		Table Tennis					
		Tennis / Squash / Badminton					
		Other Sports:					
<b>3.</b>	<b>Creative</b>	Amateur Dramatics					
		Crafts / Needlework					
		Fashion: incl Clothes / Hair / Cosmetics					
		Making music – incl. instrument, DJ'ing....					
		Model Building					
		Painting / Drawing (Art)					
		Photography					
		Pottery					
		Singing					
		Writing: letters / poems / stories					
		Woodworking – incl. Picture Framing, Furniture Restoration					
	Other Creative:						
<b>4.</b>	<b>Productivity - at home</b>	Car Repair					
		Cooking / Baking					
		Gardening – incl Indoor Plants					
		Mending / DIY					
		Pet ownership					
		Other Productivity at home					

			Strong	Some	No	Past	Now	Future
<b>5.</b>	<b>Leisure- at home</b>	Board games – chess, scrabble etc.						
		Collecting						
		Computing – games / pc / internet						
		Listening to music						
		Playing cards						
		Puzzles / Crosswords						
		Radio						
		Reading						
		Television / Video						
	Other Leisure at home							
<b>6.</b>	<b>Social:</b>	Clubs: Social / Nightclubs						
		Eating out						
		Faith-related activities						
		Inviting / visiting friends / family						
		Pubs / bars						
		Voluntary work						
	Other social:							
<b>7.</b>	<b>Outdoor Pursuits</b>	Bird watching / Wildlife						
		Camping						
		Climbing						
		Ecology / Conservation						
		Fishing						
		Horse riding						
		Walking						
		Water Sports incl. canoeing / rowing						
	Other outdoor pursuits							
<b>8.</b>	<b>Out and About / Entertainment</b>	Bingo						
		Cinema						
		Concerts /Theatre						
		Dancing						
		Driving						
		Jumble/car boot sales/charity shops						
		Museums / art galleries						
		Places of interest / day trips						
		Shopping (incl. Markets)						
		Traveling / Holidays						
	Other out and about:							
<b>9.</b>	<b>Educational</b>	Antiques						
		Courses / adult education						
		Foreign Languages						
		History						
		Politics / Philosophy						
		Science						
		Speeches / Lectures						
	Other educational							

# Skills Inventory

Category	Skills	Degree of Ability			Practiced?		
		High	Moderate	Needs Help	Yes	Sometimes	No
<b>1. KEY SKILLS</b>	Meet deadlines						
	Supervise others						
	Solve problems						
	Teach others and give clear instructions						
	Manage people						
	Organize and manage projects						
	Speak in public						
	Accept responsibility						
	Plan daily work or special events						
	Follow instructions						
	Generate creative solutions to problems						
<b>Other Key Skills:</b>							
<b>2. Hands-On</b>	Assemble kits						
	Build or repair things						
	Work well with my hands						
	Operate tools or machinery						
	Use complex equipment						
	Drive or operate vehicles						
	Inspect and maintain equipment or vehicles						
<b>Other Hands-on Skills:</b>							
<b>3 Data Information</b>	Make budget, manage money						
	Record facts, classify information by date						
	Analyze data, audit and maintain records						
	Check information for accuracy						
	Pay attention to details						
	Investigate and clarify results						
	Locate answers, gather information						
	Calculate or compute						
	Evaluate						
	Take inventory						
	Keep financial records						
Research and write reports							
<b>Other Data Information Skills:</b>							
<b>4. Leadership</b>	Arrange meetings or social functions						
	Be competitive when necessary						
	Make decisions						
	Direct the work of others						
	Help set goals for my team						
	Explain things to others						
	Solve problems						
	Motivate people						
	Settle disagreements						
	Plan activities and put them into action						
	Take risks when necessary						
Organize and chair a meeting							
Show self-confidence							
<b>Other Leadership Skills:</b>							
<b>5. People</b>	Help and care for others						
	Manage conflicts resolve issues						
	Counsel people						
	Be tactful and diplomatic						
	Interview people						
	Be kind and understanding						
	Be a good listener						
Negotiate							

Category	Skills	Degree of Ability			Practiced?		
		High	Moderate	Needs Help	Yes	Sometimes	No
	Be outgoing						
	Show patience						
	Be pleasant and sociable						
	Supervise and teach						
	Be tough when necessary						
	Trust people						
	Trust my instincts						
<b>Other People Skills:</b>							
<b>6.</b>	<b>Creative and Artistic Skills</b>	Be artistic					
		Write short stories or articles					
		Draw or create other art					
		Express myself through music, poetry and art					
		Design posters, draw cartoons, and illustrations					
		Perform and act					
		Present artistic ideas					
		Dance, create body movement					
		Use computers to create presentation					
		Design and lay-out web pages					
<b>Other Creative and Artistic Skills:</b>							
<b>7.</b>	<b>Verbal and Communication</b>	Clearly express myself					
		Talk easily with others					
		Create and talk about new ideas					
		Design presentations					
		Be inventive					
		Conduct research in a library or on the Internet					
		Set-up my own network of experts or helpers					
		Be logical					
		Speak in public					
		Write clear and concise reports					
		Work well with others					
<b>Other Verbal &amp; Communication Skills:</b>							

Adapted from [http://www.d.umn.edu/careers/inventories/skills\\_test.php](http://www.d.umn.edu/careers/inventories/skills_test.php) & [http://www.youth.gc.ca/eng/media/skills\\_inventory.shtml](http://www.youth.gc.ca/eng/media/skills_inventory.shtml)

## Interest & Skills Inventory Summary

Strong Interests	Strong Skills

# Action Plan

Action Plan		
Action Steps/Strategies	People Involved	Target Date
Evidence of Progress		