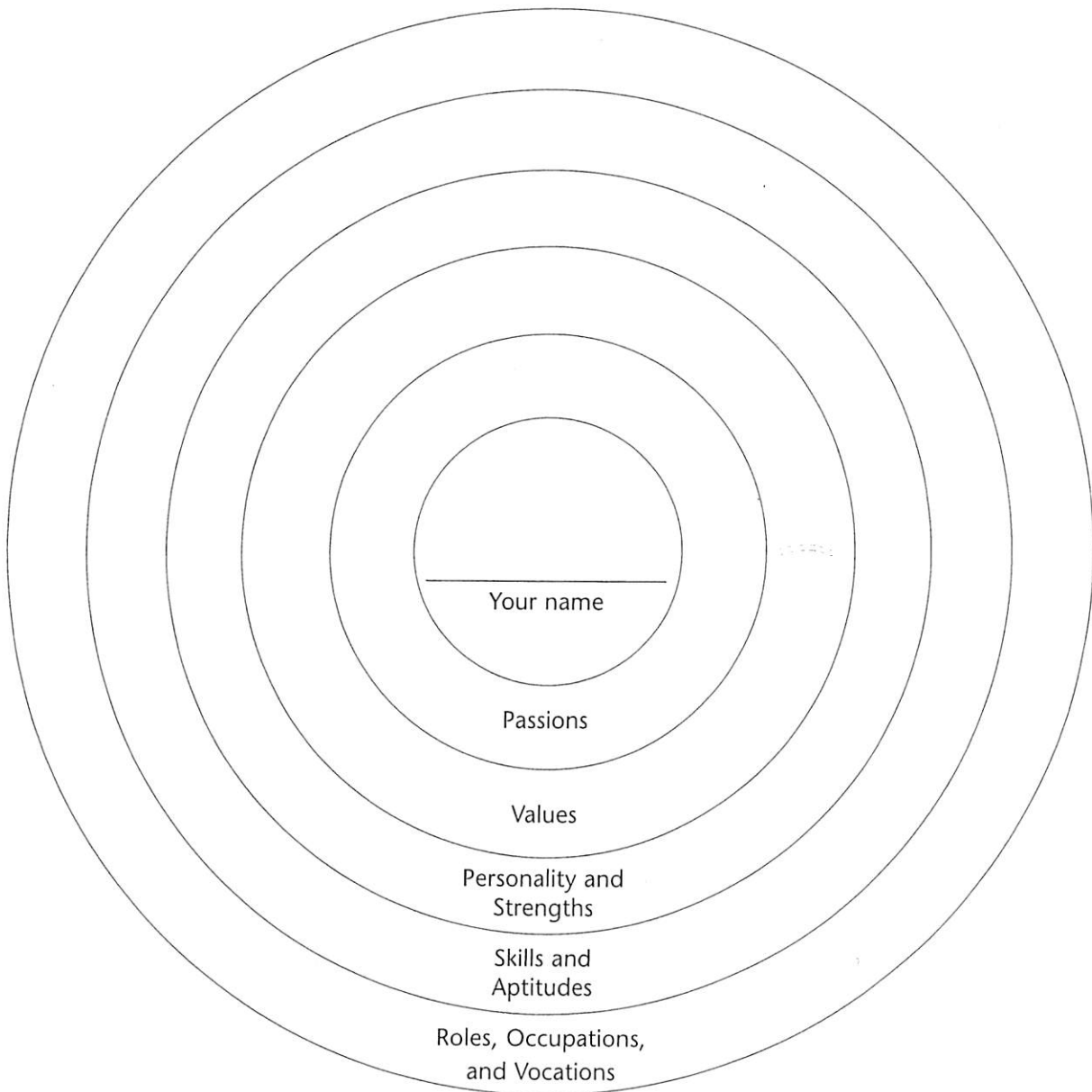


Your Personal Profile

Write your name in the center of the chart, then add as many words as you can that describe your own passions, values, strengths, and so forth. As you fill out your chart, keep in mind that everyone has many different sides. Don't worry if some of your answers seem incompatible with others.



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As you fill out your chart, keep in mind that everyone has many different sides. Don't worry if some of your answers seem incompatible with others. Remember, too, that it's natural to want to "belong." Because you want to be like your peers, you may try to deny interests or abilities that are not shared with your friends. But for this exercise—for your own sake—try to be complete and honest.

Don't get frustrated if you have a hard time completing your chart at this time. It will get easier as you work through this chapter. For now, do your best. Use a pencil so you can make any necessary changes as you go along.

Here are some short definitions to help you:

Passions: A passion is something you feel very strongly about, something for which you have boundless enthusiasm. You might be passionate about music, sports, art, computers, horses, cars, gardening, politics, the beach, marching bands, penguins—you name it. The happiest people are often those who find a way to incorporate their passions into their career. These are the people you'll hear say things like, "I can't believe they pay me to do this."

Values: Your values are those qualities or things that are most important in your life. Some people may value family or security, while others place more importance on adventure or power. You might value beauty, knowledge, social justice, or independence. Your career and life choices should be compatible with your values if they are to bring true satisfaction.

Personality traits and strengths: Are you tactful? Bold? Sociable? Quiet? Thoughtful? Energetic? Funny? Sympathetic? Inquisitive? Reserved? Dramatic? Intelligent? List as many traits as you can.

Skills and aptitudes: What have you learned? What comes easily for you? Do you have a special talent for anything in particular? Are you good at working with your hands? Solving problems? Working with people?

Roles: Your roles are the different parts you play in your life. Most of these are temporary, though some can go on for many years. Right now, you are probably a son or daughter, a student, a friend. You might also be an employee, a sister or brother, a girlfriend or boyfriend, and so on.

Occupations and vocations: Here we mean both work you do for pay (occupations) and recreational activities (vocations). For example, you might be a grocery clerk, babysitter, flute player, cook, ballet dancer, skateboarder, or basketball player.

