

## What I Love to Do, What I'm Good at Doing

---

### **Step 1:**

*We all have things we love to do, and we also have things we're good at doing. On the next page, start listing those things in either column.*

*Try to focus primarily on one column at a time, but if something occurs to you to put in the other column, go ahead and list it and return to the column you were working on.*

*When you've exhausted ideas for one column, then complete the other. While this is primarily a career-related exercise, you don't have to make everything directly applicable to a job situation. If it enters your mind and you really love doing it or are very good at it, put it on the list.*

*When finished with this section, go to Step 2 on the following page.*



**Step 2:** Once you've completed your lists, start looking for ways you might be able to match an item in one column with an item in the other. How many roles, jobs or careers can you think of matching an item in one column with the other? Try to come up with at least 10.

**Potential Roles, Jobs or Careers Created by Matching an Item from Everything I Love to Do with one from Everything I'm Good at Doing:**

<b>Example:</b> I love solving problems. I'm good at research. If I were in a <u>research environment and solving problems</u> , then everything I love to do and value are being engaged.
<b>Example:</b> I love household renovation projects. I'm good at managing commercial construction. I could combine the two and <u>start my own home renovation business</u> .
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.