

Your Personal Profile

Think about yourself for a minute. If you were to describe “you” to a complete stranger, what would you focus on? Here are some pointers to get you started. Don’t hesitate to add more categories to the list. Let your pen (or keyboard) flow and try to stick to your spontaneous ideas. This exercise is a great way to place yourself in a self-evaluating mindset, which is a necessary step to every personal exploration process.

Studies: _____

Favorite topics in school: _____

Best topics in school: _____

Three greatest passions: _____

Leisure activities: _____

Greatest strengths: _____

Areas to improve on: _____

Dream jobs: _____
