

Name: _____ Date: _____ Grade/Class: _____

Things I like to do

People who enjoy going to work are doing things they like to do. Employees who enjoy their jobs get more work done. They are happier at work and at home.

- ⇒ Think about things you like to do.
- ⇒ Make a list of 10 activities you enjoy doing, use **ONLY** action verbs. These activities are sometimes called skills. A skill is something you have learned how to do. Example: Read novels and short stories
- ⇒ Visualize doing these activities. Are you doing them alone or with others? Are you using objects or tools? Are you using words or numbers? Put a check in the box or boxes that describe the activity. For example, while playing soccer you are with others. Building robots requires using objects and tools. Reading novels requires working with words.

Activity	Alone	Other People	Objects or Tools	Words or Numbers
Read novels and short stories	√			√
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

⇒ Make a list of five activities you do **not** like to do. Use **ONLY** action verbs.

1. _____
2. _____
3. _____
4. _____
5. _____

Thoughts and reflections

⇒ You can store your reflections in two places.

- ✓ One is to go back to CIS portfolio, **My career plan**, and fill in the field for **Things I like to do**.
- ✓ If you use a paper portfolio, write your thoughts below and keep the handout in your folder.

⇒ List five things you really like to do.

⇒ List one thing you want to learn to do.