FIVE THINGS EXERCISE

1. What are 5 things that you like doing?

2. What are 5 things that give you energy?

3. What are 5 things that make you happy?

4. What are 5 things you are good at?

5. What are 5 things you’re proud of?

SKILLS IDENTIFICATION EXERCISE

1. Describe an experience that makes you feel proud.

2. Describe a job (paid or volunteer) that you enjoyed.

3. Describe a leisure activity that you enjoy.

4. Describe a significant accomplishment in your life.

5. Describe an important learning experience in your life (may or may not be related to formal education).

The following exercises are provided courtesy of the Canadian Education and Research Institute for Counselling.