

Personal Interest Inventory:

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Circle the things you enjoy doing. List the top three at the bottom of the second page and then create a plan to engage in one or more in the next few weeks.

Team Sports

Basketball Softball Baseball Soccer Football Hockey Bowling Volleyball

Other (please specify):

Engaging or Observing Individual Sports

Jogging/Running Swimming Bike Riding Walking Tennis/Ping Pong Darts Golf
Badminton Croquet Horseback Riding Fishing Gymnastics

Other (please specify):

Music

Singing Playing Instrument Attending Concerts Listening to Radio/Stereo

Other (please specify):

Dance/Movement

Country Folk Square Aerobic Yoga Modern Dance Tap Ballet Jazz Rock 'n' roll
Line dancing

Other (please specify):

Arts and Crafts

Painting Drawing Knitting Sewing Crocheting Latch Hook Embroidery Weaving
Ceramics Pottery Woodworking Jewelry making Baking Cooking Photography

Other (please specify):

Table Games

Cards Checkers Chess Dominoes Scrabble Puzzle's Billiards Bingo Board Games

Other (please specify):

Outdoor Leisure/Social

Hiking Climbing Walking Gardening Camping Barbecue/Picnics Skiing
Sledding Canoeing Fishing Roller-skating Roller-blading Ice-skating Bicycling
Swimming Boating Lawn Games Nature Study Weather Observation Birdwatching
Amusement Parks/ Fairs

Other (please specify):

Personal Interest Inventory (page 2):

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Community Activities

Historical Sporting Events Shopping Dining Out Library Aquarium Museums
Concerts Hometown Events Flea Markets Sightseeing Parades Video Games
Collecting(stamps, rocks, coins, etc.) Religious Services Auto Racing Boxing
Wrestling Spectator Sports Movies Television Visiting/Entertaining Friends &
Family

Other (please specify):

Social Clubs/Organizations

Cultural/Ethnic Cooking Card Playing Religious

Other (please specify):

Literacy/Continuing Education

Reading (books, magazines, etc.) Computers Letter Adult Education Classes

Other (please specify):

Volunteer Work

Political Campaigns Homeless Shelter Food Co-op Special Olympics

Nursing Home Recycling

Other (please specify):

TOP THREE CHOICES:

1.

2.

3.

PLAN TO ENGAGE IN ONE OR MORE:
