

A Personal Checklist: Likes and Dislikes

Directions:

Put a one (1) next to any hobbies, interests, or activities that you like. Put a two (2) next to any activity you do not like. Then, put a circle around the three (3) things that you like to do the most.

- | | |
|--|--|
| <input type="checkbox"/> Playing sports
<input type="checkbox"/> Camping
<input type="checkbox"/> Hiking
<input type="checkbox"/> Fishing
<input type="checkbox"/> Hunting
<input type="checkbox"/> Swimming
<input type="checkbox"/> Bicycling
<input type="checkbox"/> Horseback riding
<input type="checkbox"/> Skiing
<input type="checkbox"/> Keeping pets
<input type="checkbox"/> Taking care of animals
<input type="checkbox"/> Gardening or taking care of plants
<input type="checkbox"/> Farming
<input type="checkbox"/> Cooking
<input type="checkbox"/> Woodworking
<input type="checkbox"/> Beauty and hair care
<input type="checkbox"/> Listening to music
<input type="checkbox"/> Writing songs, stories, poems
<input type="checkbox"/> Watching TV or movies
<input type="checkbox"/> Playing an instrument
<input type="checkbox"/> Being a leader of a group | <input type="checkbox"/> Drawing
<input type="checkbox"/> Sketching
<input type="checkbox"/> Painting
<input type="checkbox"/> Taking care of people
<input type="checkbox"/> Babysitting
<input type="checkbox"/> Going to church/synagogue/temple
<input type="checkbox"/> Belonging to a club
<input type="checkbox"/> Collecting things
<input type="checkbox"/> Visiting with friends
<input type="checkbox"/> Sleeping
<input type="checkbox"/> Eating
<input type="checkbox"/> Using a computer
<input type="checkbox"/> Playing computer games
<input type="checkbox"/> Crocheting
<input type="checkbox"/> Sewing
<input type="checkbox"/> Knitting
<input type="checkbox"/> Reading
<input type="checkbox"/> Photography
<input type="checkbox"/> Rollerblading
<input type="checkbox"/> Motor cross
<input type="checkbox"/> Working out/exercising |
|--|--|

Use this space to add other hobbies and interests that you can think of:

Adapted from "Speak Up for Yourself and Your Future," Department of Special Education, University of Vermont, 1993.