

## DAY 1 – My Interests & Strengths

### Good morning, students!

Today you will begin learning about *yourself*—your interests and your strengths. Understanding what you enjoy and what you are good at will help you explore careers that may be a good fit for you in the future.

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### Directions

1. Carefully read the list of **activities** that will be provided.
2. Circle **5 activities** that you enjoy doing.
  - **Example:** Playing sports, drawing, helping others
3. Carefully read the list of **skills** that will be provided.
4. Circle **3 skills** you are good at.
  - **Example:** Teamwork, listening, responsibility
5. Use the activities and skills you circled to answer the reflection questions in complete sentences.

See you when you return 😊

- Ms. Preacher