



Appendix B: Self-Assess Your Interests

Interests and Passions Inventory

If you need some extra stimulus, go through this list and tick all the activities in which you've ever been interested. It's not an exhaustive list, and you may want to add more items. Choose three of these which represent those interests you feel most passionate about.

Advising		Gambling	
Art history		Giving parties	
Amateur dramatics		Helping people	
Antiques		History	
Archaeology		Hunting/fishing	
Architecture		Judo/karate	
Attending lectures/workshops		Knitting/sewing	
Campaigning		Meditation	
Bargain-hunting		Mentoring	
Beekeeping		Museums/art galleries	
Belonging to clubs		Networking	
Building models		Photography	
Building things		Playing a musical instrument	



Appendix B

Camping		Politics/current affairs	
Card games		Problem solving/puzzles	
Caring for children		Reading	
Caring for/breeding animals		Reading palms/cards	
Caring for sick or elderly people		Researching	
Car mechanics		Residents' Association	
Chess		Sightseeing	
Church		Singing	
Cinema		Skydiving	
Clubbing		Socialising with friends	
Coaching sports teams		Speaking/debating in public	
Collecting		Spirituality	
Composing music		Sports – specify:	
Committees		Team sports	
Computers		Theatre	
Concerts		Travel/other cultures	
Cooking		Tutoring/teaching	
Counselling		Visiting gardens/houses	
Crafts		Volunteering/community work	
Dancing		Walking/hiking	
Design		Water sports	
DIY		Wildlife	
Dog walking/grooming		Wine tasting	
Doing things outdoors		Woodworking	
Drawing/painting/sculpture		Working out/exercise	
Fashion		Working with your hands	
Food and drink		Writing	
Fundraising		Yoga/pilates/t'ai chi	
Gardening			



Appendix B

My top five interests are:

- 1.
- 2.
- 3.
- 4.
- 5.

