

# YOUR STRENGTHS, INTERESTS AND GOALS

Finding the right course for you depends upon knowing yourself. Here are some activities to help you think about your strengths and interests.

## Review your strengths and interests

	I Love It	I Like It	Its Okay	Not Really	Hate it
Doing things outside					
Helping others					
Working with technology					
Organising things					
Caring for things					
Talking to other people					
Finding out how things work					
Being creative					
Building things					
Working in a team					
Working alone					

## Set or Refine Goals

- Goals are things you would like to achieve. They can be long-term goals for well into the future, short-term goals to achieve in the next year or two or mid-term goals in the middle.
- You can set goals for all kinds of things, including your career, personal interests and experience.

<p><b>Long Term Goals</b></p> <p>Imagine your future life and how you would like to be living i.e. the types of experiences you would like to have and the kind of job you would like. These are your <b>long-term goals</b>.</p>	<p><b>My Long Term Goals</b></p>
<p><b>Medium Term Goals</b></p> <p>Next consider some mid-term goals. In most cases these will include the course you want to study, which will hopefully lead to your long-term goals.</p>	<p><b>My Medium Term Goals</b></p>
<p><b>Short Term Goals</b></p> <p>Finally, think about the short-term goals you need to achieve before you can obtain your medium-term goals!</p> <p>ie. Researching the right courses for you and performing at a particular standard in Year 12.</p>	<p><b>My Short Term Goals</b></p>