



Worksheet 1

Discovering my interests, skills and strengths

Get to know yourself better so you can build your future with confidence



A About me

Name: _____

Age group:

☐ 13-15 ☐ 16-18 ☐ 19-24 ☐ 25-30

Country: _____

B My interests

- | | |
|--|--|
| ☐ Technology & Digital Innovation | ☐ Entrepreneurship & Business |
| ☐ Engineering & Manufacturing | ☐ Sport & Fitness |
| ☐ Environment & Sustainability | ☐ Social Inclusion & Community Work |
| ☐ Health & Wellbeing | ☐ Science & Research |
| ☐ Arts & Creativity | ☐ Tourism & Hospitality |
| ☐ Media & Communication | ☐ Other: |

C My top 3 interests

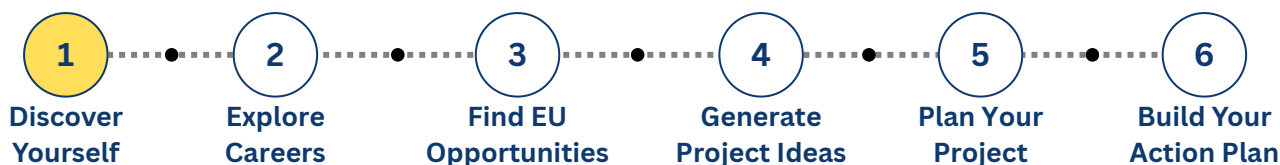
1) _____

2) _____

3) _____

C My skills - Rate your current skills

	Beginner	Intermediate	Advanced		Beginner	Intermediate	Advanced
Communication	☐	☐	☐	Leadership	☐	☐	☐
Teamwork	☐	☐	☐	Digital Skills	☐	☐	☐
Problem Solving	☐	☐	☐	Organisation	☐	☐	☐
Creativity	☐	☐	☐	Languages	☐	☐	☐



E What matters to me

☐ Good Salary	☐ Helping People	☐ Creativity	☐ Job Security
☐ Travel Opportunities	☐ Working Internationally	☐ Making a social impact	☐ Innovation & technology
☐ Environmental sustainability	☐ Flexibility	☐ Leadership opportunities	☐ Continuous Learning
☐ Work-life balance	☐ Starting my own business	Other: _____	

F My future aspirations

In the future I would like to: (tick all that apply)

- | | |
|--|--|
| ☐ Study abroad | ☐ Work for an NGO |
| ☐ Volunteer internationally | ☐ Become self employed |
| ☐ Start a business | ☐ Travel & work in Europe |
| ☐ Work for a company | ☐ Work in the public sector |
| ☐ Participate in international projects | ☐ I am not sure yet |

G Reflection

Things I am good at:

- 1) _____
- 2) _____
- 3) _____

Things I would like to improve:

- 1) _____
- 2) _____
- 3) _____

F My career discovery profile

Based on this worksheet, I am most interested in:

- _____
- _____
- _____



Great! You have taken the first step in discovering yourself.
The next worksheet will help you explore career paths related to your interests and skills!



Be part of the change and shape your future!