IDENTIFYING AND VALUING PERSONAL RESOURCES
(INTERESTS, TALENTS, ACTIVITIES, SPORTS)

Activities I enjoyed when I was a child

Activities I enjoyed when I was in high school

Something I used to do and enjoyed, and I do not do anymore

Something I would like to do but still did not have the chance or time

Current non-academic activities, interests, activities I dedicate time to and enjoy

Training material created by Ekaterini Anagnostopoulos, protected under Creative Commons Attribution – Non Commercial – Share Alike 4.0 International license. Adapted and used in the INVITE Project Coaching, Counselling and Vocational Guidance activities

This project has received funding from the European Union’s Horizon 2020 research and innovation programme under the Marie Skłodowska-Curie grant agreement No 754345. The content of this document reflects only the author’s view and the Research Executive Agency (REA) is not responsible for any use that may be made of the information it contains.