



The
BEACON
SHORE

Personal Interest Inventory



Circle the things you enjoy doing. List the top three at the bottom of the page and then create a plan to engage in one or more in the next few weeks.



TEAM SPORTS

Basketball | Softball | Baseball | Soccer | Football
Hockey | Bowling | Volleyball

Other (please specify): _____



ENGAGING OR OBSERVING INDIVIDUAL SPORTS

Jogging/Running | Swimming | Bike Riding | Walking
Tennis/Ping Pong | Darts | Golf | Badminton | Croquet
Horseback Riding | Fishing | Gymnastics

Other (please specify): _____



MUSIC

Singing | Playing Instrument | Attending Concerts
Listening to Radio/Stereo

Other (please specify): _____



DANCE / MOVEMENT

Country | Folk | Square | Aerobic | Yoga | Modern Dance
Tap | Ballet | Jazz | Rock 'n' roll | Line dancing

Other (please specify): _____



ARTS & CRAFTS

Painting | Drawing | Knitting | Sewing | Crocheting | Latch Hook
Embroidery | Weaving | Ceramics | Pottery | Woodworking
Jewelry making | Baking | Cooking | Photography

Other (please specify): _____



TABLE GAMES

Cards | Checkers | Chess | Dominoes | Scrabble | Puzzle's
Billiards | Bingo | Board Games

Other (please specify): _____



OUTDOOR LEISURE / SOCIAL

Hiking | Climbing | Walking | Gardening | Camping | Barbecue/Picnics
Skiing | Sledding | Canoeing | Fishing | Roller-skating | Roller-blading
Ice-skating | Bicycling | Swimming | Boating | Lawn Games | Nature Study
Weather Observation | Birdwatching | Amusement Parks/Fairs

Other (please specify): _____



COMMUNITY ACTIVITIES

Historical | Sporting Events | Shopping | Dining Out
Library | Aquarium | Museums | Concerts
Hometown Events | Flea Markets | Sightseeing
Parades | Video Games

Collecting (stamps, rocks, coins, etc.)

Religious Services | Auto Racing | Boxing

Wrestling | Spectator Sports | Movies

Television | Visiting / Entertaining Friends & Family

Other (please specify): _____



SOCIAL CLUBS / ORGANIZATIONS

Cultural / Ethnic | Cooking | Card Playing | Religious

Other (please specify): _____



LITERACY / CONTINUING EDUCATION

Reading (books, magazines, etc.) | Computers
Letter | Adult Education Classes

Other (please specify): _____



VOLUNTEER WORK

Political Campaigns | Homeless Shelter | Food Co-op
Special Olympics | Nursing Home | Recycling

Other (please specify): _____



TOP THREE CHOICES

1. _____
2. _____
3. _____



PLAN TO ENGAGE IN ONE OR MORE

What will I do? _____

When will I do it? _____

Who can support me? _____

How will I hold myself accountable? _____



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