Fifteen Things I Love To Do

Make a list of 15 things you like to do. The next step is to code the 15 items with the following codes. The codes are used to illuminate the themes in one's life. Note that each activity may have many codes next to it. For example, the same activity might have an A, N, Q, and T next to it.

Put an *A* next to any item that you do **alone**.
Put a *P* next to an item that you do with **people**.
Put a *$$* next to any item that costs **more than $50**
Put a *D* if the item involves working **data or ideas**.
Put an *R* **if risk** is involved with the item.
Put an *N* next to the item if you have **not done** the item in the past year.
Put an *O* next to any item that is an **outdoor activity** and an *I* next to **indoor** activities
Place a *Q* next to an activity that they would describe as **quiet** and a *B* next to one that is **busy and noisy**
Place an *M* next to the activities that involve **mental capabilities** rather than physical strength or coordination and an *S* next to one that involves **strength** and muscles.
Place a *T* next to activities that will require additional training.

Evaluation of activity in terms of career interests:
Do you require a large income to do the things you love?
Do you working indoors or outdoors?
Do you require excitement and change in your life?
Are you a physical or intellectual person or both?
Do you prefer to be alone or with others?
Do you like to work in an active environment or where it is quiet?

After the list is made identify the ideas themes that can be found in the answers and codes. What do the results say about the future you want for yourself?