

9/11
Name _____

Date _____

A Personal Checklist: Likes and Dislikes

Directions:

Put a one (1) next to any hobbies, interests, or activities that you like. Put a two (2) next to any activity you do not like. Then, put a circle around the three (3) things that you like to do the most.

- | | |
|---|---|
| <input type="checkbox"/> Playing sports | <input type="checkbox"/> Drawing |
| <input type="checkbox"/> Camping | <input type="checkbox"/> Sketching |
| <input type="checkbox"/> Hiking | <input type="checkbox"/> Painting |
| <input type="checkbox"/> Fishing | <input type="checkbox"/> Taking care of people |
| <input type="checkbox"/> Hunting | <input type="checkbox"/> Babysitting |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Going to church/synagogue/temple |
| <input type="checkbox"/> Bicycling | <input type="checkbox"/> Belonging to a club |
| <input type="checkbox"/> Horseback riding | <input type="checkbox"/> Collecting things |
| <input type="checkbox"/> Skiing | <input type="checkbox"/> Visiting with friends |
| <input type="checkbox"/> Keeping pets | <input type="checkbox"/> Sleeping |
| <input type="checkbox"/> Taking care of animals | <input type="checkbox"/> Eating |
| <input type="checkbox"/> Gardening or taking care of plants | <input type="checkbox"/> Using a computer |
| <input type="checkbox"/> Farming | <input type="checkbox"/> Playing computer games |
| <input type="checkbox"/> Cooking | <input type="checkbox"/> Crocheting |
| <input type="checkbox"/> Woodworking | <input type="checkbox"/> Sewing |
| <input type="checkbox"/> Beauty and hair care | <input type="checkbox"/> Knitting |
| <input type="checkbox"/> Listening to music | <input type="checkbox"/> Reading |
| <input type="checkbox"/> Writing songs, stories, poems | <input type="checkbox"/> Photography |
| <input type="checkbox"/> Watching TV or movies | <input type="checkbox"/> Rollerblading |
| <input type="checkbox"/> Playing an instrument | <input type="checkbox"/> Motor cross |
| <input type="checkbox"/> Being a leader of a group | <input type="checkbox"/> Working out/exercising |

Use this space to add other hobbies and interests that you can think of:

_____	_____
_____	_____
_____	_____
_____	_____

Adapted from "Speak Up for Yourself and Your Future," Department of Special Education, University of Vermont, 1993.

