

# Interests

**“What You Love to do”  
You are the Best Source**

# My Interests/Aversions

What Do I Love to Do?

What Do I Hate to Do?

# 5% More Responsibility

1. If I were to take 5% more responsibility for enjoying my current job....
2. If I were to take 5% more responsibility for achieving my career goals...
3. If I were to take 5% more responsibility for living my best life.....

# Response-Ability Sentence Stems

- If I were to take 5% more responsibility for enjoying my job:
  - I would \_\_\_\_\_ (activities I would do more of based on my interests)
- If I were to take 5% more responsibility for achieving my career goals:
  - I would \_\_\_\_\_ (activities I would do more of based on my interests)
- If I were to take 5% more responsibility for living my best life:
  - I would \_\_\_\_\_ (activities I would do more of based on my interests)