

Guidelines for using the **Interests Explorer**

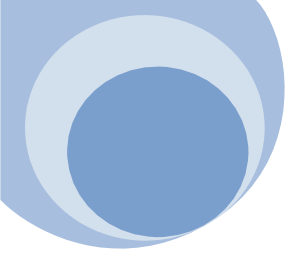
Instructions:

1. Tell your partner "We are going to explore what you really feel passionate about."
2. Say: "We'll spend 10 minutes looking at what really appeals to you about something that passionates you, ignoring realistic factors such as whether you'd be good at it, or how much it would pay. We'll focus on the elements of each activity you would really enjoy. OK?"
3. Add: "When we have gone through most of the items, we'll then see if both of us can identify some themes".
4. With each item, ask: "**What is it so motivating about it?**"
5. Use 'coaching' skill of "reflecting back without judging".
6. Avoid:
 - asking '**why?**'
 - stating your **opinion**
 - getting drawn into **conversation** about the item
7. After 10 minutes, **ask your partner if s/he has noticed any particular themes emerging**. Write them down in the table below.
8. **Check first that your partner is happy with the list, and then send back your notes to your partner.**

Use the question below during the whole exercise:

- **What is so motivating about what you just said?**

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



MY PERSONAL STRENGTH SUMMARY CHART

