

Class Activity

Instructor: Dr. Moses McCutcheon, Jr.,

Instruction: *List the things you love to do below.*

Examples: writing stories, writing music, reading, public speaking, doing personal-development research, solving mathematical problems, helping others, teaching or training others how to do something, debating with others, playing football, playing basketball, playing chess, playing soccer, playing baseball, playing computer games, cooking, baking, drawing, coloring, designing, singing, dancing, acting...

These are just suggestions. Make your own list.
Use a separate piece of paper if you need more space.

Things I Love To Do:

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

Reference: McCutcheon, M. (2007). *Planning Today for Success Tomorrow: Helping Students Choose Their College or Trade School Major and Career*. Denver, Colorado: Outskirts Press, Inc.