

# 5.4: Understanding yourself

Accompanies chapter 5.4 in the book: to explore what you enjoy, including gathering real examples and understanding how important it is for you.

	How much do you enjoy this? (score 1 to 5, with 1 being 'not at all' and 5 being 'very much')	Examples in your experience so far (good and bad)	Order of importance for you	Strength or weakness
Spending time with new people				
Organising				
Creativity				
Working with tools				

	How much do you enjoy this? (score 1 to 5, with 1 being 'not at all' and 5 being 'very much')	Examples in your experience so far (good and bad)	Order of importance for you	Strength or weakness
Solving problems				
Caring for other living things				
Selling & persuading				
Routine vs variety				