What Do I Like?

HOW DOES IT HELP?

Are you surprised to see this deceptively simple list in a career book? "Why would I need to make a list of what I like? My interest in guitars has nothing to do with my career plans," you might be thinking. The "What do I like" list has several purposes, but the primary objective is to bring to light what you enjoy, what makes you happy, what interests you. So, start by just making a list of 20 or so items that you like. This list can include favorite colors, performers, movies, hobbies, locations, vacations, etc. Don't worry about whether it's "practical" or "career-related."

PICTURE IT!

☐ Make your list of things you like before you read further.

WORKSPACE

Things I like:

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

Now we're going to examine this deceptively simple list.

Pretend someone else wrote this list you're looking at: what do you know about them? How would you analyze their interests? Are there any themes or similar items showing up? What would you tell this person about the list?

Now, here are some questions to ask yourself:

- What does your list say about you?

- Did anything on your list surprise you?

- Is there anything on the list you used to like but haven't done recently? Why? Would you like to start doing it again?

- Could or do any of these items relate to your work?

- Is there a way to monetize or derive income from anything on the list?

- Are you action-oriented, or do you prefer slower-paced activities?

- Are many of your "likes" expensive (hobbies like sailing, for example)? What does that say about the income you will need from your work?

- Are you primarily an indoor or outdoor person based on your interests?

- Is there a geographic pattern based on your list?

- Do you seem drawn to other countries or other locations?

If you found this list helpful, or if you found yourself veering in another direction, try creating lists based on these variations:

- What am I interested in?

- What do I like to do?

If these variations appeal, do them instead and then ask yourself the same questions as above.