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Likes-Dislikes Matrix

What I like. What I’m good at. Where I like to do it.

# A. My knowledge, skills and abilities

* In column 1, list the key skills, activities, and roles that are related to your work and hobbies. Consider both individual skills (with examples, if necessary) and overall job experiences. If you get stuck, you might want to refer to the list of sample skills and abilities in the Appendix on the last page. Use these key words as a jumping off point for creating your own list.
* Go back through the list and indicate if:
* You like the skill, activity, or role (Column 2)
* You’re good at the skill, activity or role (Column 3)

| 1. Skills, activities and roles | 2. Do you like it?[Yes/No] | 3. Are you good at it?[Yes/No] |
| --- | --- | --- |
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# B. Using the information from the table above, populate the matrix below.

|  |  |  |
| --- | --- | --- |
|  | I like to do | I don’t like to do |
| **I’m good at** | 1.       | 1.       |
| 2.       | 2.       |
| 3.       | 3.       |
| **I’m not good at** | 1.       | 1.       |
| 2.       | 2.       |
| 3.       | 3.       |

# C. I like to work where…

* Consider the possible types of work environments. What kind of work environment is best for you? Work environments can include the people, physical space, organizational resources, level of interpersonal contact with clients and co-workers and more. What kind of people do you want to work with? Does it matter? Your answers may also include descriptions of environmental conditions or interpersonal situations you may have experienced in a
non-work setting that you would like to replicate or avoid at work.
* Go back through the list and highlight your top three “Must Haves” and “Can’t Stands.”

| People, places and things | Must have | Can’t stand |
| --- | --- | --- |
|       |       |       |
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# Appendix: Sample skills and abilities

|  |  |
| --- | --- |
| * Writing
* Talking
* Public speaking
* Persuading
* Selling
* Negotiating
* Working on a team
* Working with others
* Supervising others
* Teaching
* Coaching
* Counseling
* Coordinating projects/tasks
* Managing
* Meeting people easily
* Working with numbers
* Collecting information
* Interpreting data
* Solving quantitative problems
* Working with technology
* Concentration/focus
* Research
* Attention to detail
* Manual dexterity
* Understanding how tools/machinery work
* Physical stamina
* Meeting deadlines
 | * Precision
* Aesthetically sensitive
* Imagination with things
* Imagination with ideas
* Disciplining fairly
* Supervising others
* Organizing/planning
* Making decisions
* Seeing possibilities
* Mentoring
* Facilitating
* Resolving conflicts
* Developing prototypes
* Observing accurately
* Having fun
* Establishing procedures/rules
* Managing crisis
* Synthesizing information
* Analyzing problems
* Strategizing
* Maintaining systems
* Critiquing
* Assessing resources
* Learning new skills
* Understanding complicated ideas
* Working with theories
* Adapting to changing situations
* Flexibility
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