**Skill Module:** Self-awareness

# **Activity Name: Personal Resource Inventory**

**Objective:** To identify and formalize one’s internal states, preferences, and resources for use in job seeking and self-employment.

**Materials Needed:**

* Self-assessment worksheet (see format below)
* Pens

### **Instructions**

**Step 1: States (The Emotional Baseline)** Reflect on your typical week. List the 5 emotions you feel most often.

* *Prompt:* Do you often feel anxious? Hopeful? Frustrated? Curious?
* [List 1-5 here]

**Step 2: Preferences (Likes & Dislikes)** List 5 professional activities or tasks you **prefer** doing, and 5 you strongly **dislike**.

* *Example:* Like = Organizing data; Dislike = Cold calling clients.
* [List Preferences here] / [List Dislikes here]

**Step 3: Resources (Your Toolbox)** List 3 learned or inherent skills you rely on heavily to get through life. These are your "Resources."

* [Resource 1]
* [Resource 2]
* [Resource 3]

**Step 4: The Analysis** Look at your lists. How do these factors impact your current job search?

* *Example:* "If I often feel 'anxious' (State) and I dislike 'cold calling' (Preference), I should avoid sales jobs."

### **Debrief & Reflection**

*(Participants can answer these questions individually or discuss as a group)*

1. **Which resource listed proved to be the most surprising or valuable to acknowledge?**
2. **How can knowing your typical internal states help you prepare better for networking or interviews?**