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Inspiring Next-Gen Futures

Strengths and Interests Workbook

Designed for "Future Explorers" - Middle School

Strengths and Interests Workbook

Welcome to your Strengths and Interests Workbook! This guide will help you explore what makes you unique—your skills, interests, and passions. By the end of this workbook, you'll have a clear understanding of what excites you and how it can shape your future!



Table of Contents

Activity 1: What Makes Me Happy?	4
Activity 2: My Superpowers (Strengths)?	5
Activity 3: My Interests in Action	6

Activity 1: What Makes Me Happy?

Identify the activities and topics you enjoy the most.

Write about three activities that make you excited to get out of bed.

What subjects in school do you look forward to?

What hobbies or games do you love?

Activity 2: My Superpowers (Strengths)?

Reflect on your personal strengths and skills.

What are you really good at? (It can be anything, such as math, drawing, or teamwork.)

Have your friends or family ever complimented you on something? What was it?

Pick three words that describe you (e.g., creative, organized, helpful).

Is there anything you would like to add to your list of superpowers?

Activity 3: My Interests in Action

Explore how your personal interests connect to potential career paths.

Imagine you could try any job for one day. What would it be, and why?

Imagine! What kind of activities do you see yourself doing in 5 years?

Below are some career fields in the adult world. Which ones sound interesting to you and you would love to learn more about?

- STEM (Science, Technology, Engineering, Mathematics)
- Arts and Media
- Healthcare
- Education
- Business and Finance
- Environment

YOU HAVE MADE IT!

Take the Next Step!

Congratulations! You've taken the first step toward discovering what makes you unique. Your strengths and interests can guide you to exciting opportunities.

To dive deeper into planning your education and career, visit our website www.eduviXor.com and complete our personalized questionnaire. You'll get a detailed report with insights tailored just for you!





Contact Our Consultants to Plan your Future NOW!

Website: <http://eduvixor.com>

Email: support@eduvixor.com

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