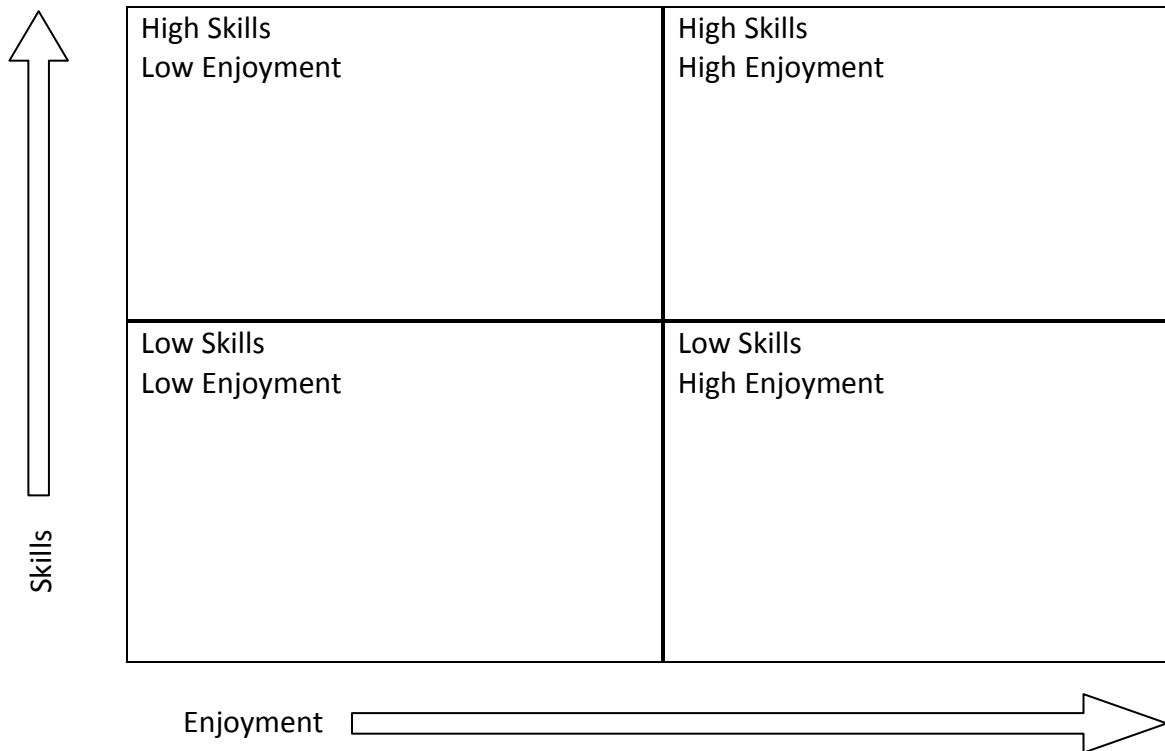


Skills Enjoyment Matrix



Here is a brief exercise that you can print out and complete to consider your career options.

The Skills Enjoyment Matrix is an exercise to increase your awareness about skills that you employ in both life and work.

Allocate skills to each box – things you like doing including hobbies and jobs, skills, etc. Also things you don't like doing but are good at, Things you do like doing but are not highly skilled in.

Then we will review this list and>>>

Stop doing the skills in the bottom left hand box

Do more of what is in both of the boxes on the right side