

MODULE 1. GET TO KNOW YOURSELF

**READY
TO
START**

**WORKSHEET 3.
PASSIONS AND INTERESTS QUESTIONNAIRE**



Co-funded by
the European Union





WORKSHEET 3.

Passions and Interests Questionnaire

Below are the areas where people usually find their passions and interests.

Please rate the following areas of interest on a scale of 1 to 5, where:

1 – Not interested at all

2 – Slight interest

3 – Moderate interest

4 – High interest

5 – Very high interest

Sport:

- Football
- Basketball
- Swimming
- Fitness
- Tennis
- Running
- Volleyball
- Skiing
- Martial arts
- Other (please specify)

2. Art and culture:

- Painting
- Music
- Theatre
- Photography
- Literature
- Dancing
- Sculpture
- Film
- Ceramics
- Other (please specify):



- 3. Technology:**
- Programming
 - Computer games
 - Electronic devices
 - New technologies
 - Cyber security
 - Robotics
 - Graphic design
 - Data analysis
 - Other (please specify):

- 4. Travel and tourism:**
- Sightseeing
 - Discovering new cultures
 - Active leisure
 - Exploring nature
 - Travelling in Europe
 - A long hitchhiking trip
 - Mountain tours
 - Travelling with a backpack
 - Other (please specify):

- 5. Nature and ecology:**
- Gardening
 - Environmental protection
 - Eco-tourism
 - Nature studies
 - Ornithology
 - Botanical gardens
 - Plant breeding
 - Zoological Garden
 - Greenhouse crops
 - Other (please specify):

- 6. Kitchen and cooking:**
- Culinary art
 - Bakery
 - Regional cuisine
 - International cuisine
 - Veganism and vegetarianism
 - Grill and barbecue
 - The art of confectionery
 - Special diets (e.g. gluten-free, lactose-free)
 - Other (please specify):



7. Extreme sports:

- Climbing
- Parachuting
- Surfing
- Bungee jumping
- Freestyle skiing
- Car rallies
- Parachute jumping
- Kitesurfing
- Other (please specify):

Description of results:

By adding up the scores for each area of interest, it is possible to assess which areas you are most passionate about. The higher the score in an area, the more likely it is that this is the one that might particularly interest and motivate you. Based on the results of the questionnaire, you can identify areas that you would like to explore further or that may be inspiring career paths for you.

Write down the 3 most important: