Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Journal Entries from Chapter 4: Exploring Interest and Values**

1. List your top three areas of interest from the Interest Profiler (realistic, investigative, social, enterprising, or conventional). Go to <http://www.onetonline.org/find/descriptor/browse/Interests/> and click on your highest interests to find some matching careers. List one career and briefly describe the education required, salary, and projected growth for one of these careers. Here is an easy outline:

My top interests on the Interest Profiler are . . .

One career that matches my interests is . . .

The education required is . . .

The median annual salary is . . .

1. In seeking to accomplish lifetime goals, sometimes people are not successful because they place too much emphasis on work, study, leisure, or social life. How would you balance work, study, leisure, and social life to achieve your lifetime goals?
2. Review Maslow’s theory of self-actualization. How would you apply Maslow’s theory to being successful in life?
3. What is your most important value? Why is it important to you?
4. Write down your most important value. Write an intention statement about how you plan to act on this value. For example, my most important value is to maintain my good health. I intend to act on this value by eating right and exercising.