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

**Journal Entries Chapter 3: Exploring Multiple Intelligences, Interests, and Values**

1. Look at the items you have checked above. What are your highest intelligences? How do your results compare with the AchieveWORKS Intelligences assessment?
2. Comment on your emotional intelligence and how you can use it to be successful in your personal life and your career.
3. List your top three areas of interest from the Interest Profiler above (realistic, investigative, social, enterprising, or conventional). Go to <https://www.onetonline.org/find/descriptor/browse/Interests/>and click on your highest interests to find matching careers. List one matching career and briefly describe the education required, salary, and projected growth for the career. Here is an easy outline:

My top three interests on the interest profiler are

One career that matches my interests is

The education required is

The median salary is

The projected growth is

1. What is your most important value? Why is it important to you?
2. 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.