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

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

1. List your top three areas of interest from the Interest Profiler (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 career and briefly describe the education required, salary, and projected growth for these careers. 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 annual salary is

The projected growth of this career 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. List one of your most important values. What actions are you taking to match your values?

One of my most important values is

I am taking these actions to match this value: