



Plot your preferences and strengths

Plotting your preferences is a simple activity that helps you pinpoint strengths, identify possible future directions, and perhaps learn a bit more about yourself. The activities listed in each square may be related to your field of study or they may be more general in nature. Starting with general examples (eating, sleeping) is a great ice breaker!

There are two activities in this resource. In the first, for the lower right square titled: *Things I struggle to do and don't like*, consider things you must do, even if these are not an especially good fit for you (not just things you could avoid entirely). Write two examples in all four squares before moving on to the analysis process.

Revisit these answers regularly.

Plotting your preferences and strengths

| | |
|---|---|
| Things I like and do well: | Things I don't like but do well: |
| Things I like but find difficult to do: | Things I don't like and struggle to do: |

Analysing the results

Things I like and do well

The upper left quadrant, *Things I like and do well*, identifies activities in life that are a very good fit. Ideally, these could be the focus of future career activities.

- Can these activities generate sufficient income to sustain you?
- How can you move in that direction, and how will you fill in the gaps in the meantime?

Things I don't like but do well

The upper right, *Things I don't like but do well*, is one of life's interesting conundrums. Perhaps you are very good at organising events, but not that interested in doing so. Perhaps you got excellent grades in maths, but you are not that intrigued by the subject. You could, however, consider items in this square when thinking about a possible 'day-job' to make money. Activities you are adept at tend not to be energy drains and may be tasks that others are willing to pay you to do. Bingo! You can work, make some money, and still have energy left to pursue your true passions.

Things I like but find difficult to do

The lower left box can be more problematic. *Things I like, but find difficult to do* can present real challenges in our lives—something to strive toward and improve on, or perhaps something you just find frustrating. What will you do with the items in that box? Which items are necessary for your career?

Things I don't like and struggle to do

Finally, the lower right, *Things I don't like and don't do well*. The activities in this box can take up considerable time and energy in our lives. One solution? There may be tasks on this list that you can hire others to do for you. It could be worthwhile to hire someone to clean your apartment, do your taxes, or mow the lawn. Some of those skills may be another person's upper right square, after all. You may even be able to trade or barter services, using your skills to help someone else.

Highlight in the two lower boxes any items you need to develop for your career. Look for opportunities to develop for your career. Look for opportunities to develop these, and ask for help.

Make it count!

Keywords in the top quadrants represent your strengths. Are these listed in your CV? If not, add them and use the reflection template on your personal employability profile to create statements ready for applications and interviews.

This resource was developed by Janis Weller (McNally Smith College of Music) and Dawn Bennett (Bond University).

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