*The Graduate Career Guidebook* helps you find suitable and fulfilling roles. The logical first step in this process is to develop some idea of what you’re good at; enjoy and want from life, i.e. your specific skills, interests and motivations. You can try this in the table below.

Be aware that this exercise can be far harder than it seems because most people are not very experienced at reflecting deeply on their own characteristics. Therefore, take your time and avoid shallow jargon like ‘teamwork’ (a skill), ‘having fun’ (an interest) and ‘happiness’ (a motivation), try to look deeper into yourself to create a more significant snapshot of what floats your boat.

This chapter helps you undertake this activity and then shows you how to use your new reflections to find potentially fulfilling roles.

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| **Two-minute test: Your skills, interests and motivations**Quickly list your skills, interests and motivations (i.e. two things you’re good at, enjoy and want from life). Try to avoid jargon such as ‘leadership’, ‘organisation’… etc. (for example, instead of using the word ‘communication’, you could write down ‘listening’ or ‘sharing ideas’).An example for each heading is provided to help you get going.

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| **Skills (what you’re good at)** | **Interests (what you enjoy doing on a daily basis)** | **Motivations (what you want from life)** |
| For example: Listening | For example: Working with others | For example: A profession |
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| **Reflecting on your answers:** Which headings did you find the hardest to complete? How can you make sure you focus on this area when you choose a role to pursue? |