

Vocational Map

Write down the activities that interest you for their own sake, in other words, activities that you are intrinsically motivated to do. Do not include basic physiological needs like eating, sleeping etc. Activities can be things like reading, playing a sport, editing videos, performing live, meeting people, tending to animals, decorating a home, calculating mathematical tasks, programming etc. Once you've written your list, score each item on a scale of 1–3, where 3 means you get to do this type of activity as much as you like; 2 means you would like to increase the amount of this activity in your life if you had more time, money, skills etc; and 1 means you don't get to do this activity at all as much as you'd like.

[illegible]

[illegible]