Don’t keep it to yourself. You can talk about it to someone you trust, such as your mother, father, a friend, a teacher, or the school nurse.

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teljeunes.com

Threats and suggestions are made only to illustrate the not-to-be-separated relationship between the different organizations and to illustrate the not-to-be-separated relationship between the different organizations.

If the images are used in any form in any way, the person appearing in them are anonymous.
Having passions is intense! Showcase your artistic talents, get moving, take part in your favorite activities, or discover new pastimes. The ideas are endless—just be on the lookout for things that may interest you. Here are a few possibilities:

**Science activities**
- Astronomy
- Chemistry
- Science experiments
- Science fiction and fantasy

**Creative and artistic activities**
- Drawing
- Music
- Painting
- Dance
- Singing
- Photography
- Writing

**Intellectual activities**
- Riddles
- Crosswords
- Scrabble
- Games

**Community-related activities**
- Helping the elderly
- Volunteering
- Protecting the environment
- Pat sitting
- Holding the baby
- Recycling

If more than one category appeals to you, that’s great too! It means you’re interested in all kinds of things, in which case it might be fun to explore these various facets of your personality.

Because everyone is unique, everyone has their own individual profile. To create your, check off the activities that may appeal to you in the list. Then, in order of importance, enter the five activities that appeal to you the most in this My Profile section below.

Once you’ve created your profile, you’ll have a better idea of what may interest you!

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### GETTING INVOLVED FEELS GOOD!

**When you get involved in an activity that matches your interests...**
- You discover your talents.
- You learn to know yourself better and what you like and don’t like.
- You meet new people who share the same interests as you.
- You learn to assert yourself and respect others.
- You discover your talents.
- You improve your physical and intellectual skills.
- You learn to set goals and not give up despite the obstacles.
- You build self-esteem.
- You meet adults who encourage you (parents, teachers, coaches, etc.).
- You develop new skills.

**Get a clearer picture**

**Answer the following questions to get a better idea of the activities that may interest you.** When you’ve done, go to the next page to see the types of activities that may suit you.

1. Do you enjoy being active, burning energy, working on a team, and outsmarting your opponent?  
   - Yes
   - No

2. Do you enjoy being active, burning energy, and acting physically, but by yourself?  
   - Yes
   - No

3. Are you curious?  
   - Yes
   - No

4. Do you like words or anything to do with the arts? Do you like creating and expressing your creativity?  
   - Yes
   - No

5. Do you like helping others, supporting a cause (e.g., protecting the environment), or volunteering?  
   - Yes
   - No

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### ACTIVITIES

1. If you answered YES to Question 1, team sports may interest you. Here are a few examples:  
   - Soccer
   - Basketball
   - Hockey
   - Football
   - Wrestling
   - Football
   - Boxing
   - Other (specify)

2. If you answered YES to Question 2, individual sports may interest you. Here are a few examples:  
   - Swimming
   - Skiing
   - Snowboarding
   - Figure skating
   - Golfing
   - Kickboxing
   - Martial arts
   - Gymnastics
   - Other (specify)

3. If you answered YES to Question 3, you may like intellectual activities that satisfy your curiosity. Here are a few possibilities:  
   - Research for the Top
   - Astronomy
   - Chess
   - Science activities
   - Journalism
   - Scrabble
   - Reading
   - Other (specify)

4. If you answered YES to Question 4, creative and artistic activities may be perfect for your inner artist. Here are some suggestions:  
   - Drawing
   - Music
   - Painting
   - Dance
   - Singing
   - Photography
   - Writing
   - Other (specify)

5. If you answered YES to Question 5, you should explore community-related activities. Here are some examples:  
   - Volunteering
   - Outdoor work
   - Protecting the environment
   - Pat sitting
   - Helping the elderly
   - Recycling
   - Other (specify)

---

### MY PROFILE

1. Activities that I prefer or that appeal to me the most:
   - [ ] Swimming
   - [ ] Reading
   - [ ] Science activities
   - [ ] Chess
   - [ ] Volunteering

2. Why?

3. Why?

4. Why?

5. Why?
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If something is wrong or you have questions.

NOTES:
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GETTING INVOLVED FEELS GOOD!

WHEN YOU GET INVOLVED IN AN ACTIVITY THAT MATCHES YOUR INTERESTS...

- You discover your talents.
- You learn to know yourself better and what you like and don't like.
- You meet new people who share the same interests as you.
- You learn to assert yourself and respect others.
- You build self-esteem.
- You meet adults who encourage you and emotions.
- You learn to set goals and not give up despite the obstacles.
- You improve your physical and intellectual skills.
- You learn to set goals and go up despite the obstacles.
- You build self-esteem.
- You meet adults who encourage you to do what you like and don't like.
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GETTING INVOLVED FEELS GOOD!

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- You learn to set goals and give up despite the obstacles.
- You build self-esteem.
- You meet adults who encourage you (parents, teachers, coaches, etc.).
- You develop new skills.

GET A CLEARER PICTURE

ANSWER THE FOLLOWING QUESTIONS TO GET A BETTER IDEA OF THE ACTIVITIES THAT MAY INTEREST YOU. When you’ve done, go to the next page to see the types of activities that may suit you.

1. Do you enjoy being active,burning energy, working on a team, and outsmarting your opponent?  
   - ☑ Yes
   - ☐ No
   - Why?

2. Do you enjoy being active, burning energy, and working physically, but by yourself?  
   - ☑ Yes
   - ☐ No
   - Why?

3. Are you curious? Do you like finding out how things work?  
   - ☑ Yes
   - ☐ No
   - Why?

4. Do you like words or anything to do with the arts? Do you like being creative and expressing your creativity?  
   - ☑ Yes
   - ☐ No
   - Why?

5. Do you like helping others, supporting a cause (e.g., protecting the environment), or volunteering?  
   - ☑ Yes
   - ☐ No
   - Why?

ACTIVITIES

1. If you answered YES to Question 1, learn sports may interest you. Here are a few examples:
   - Soccer
   - Basketball
   - Hockey
   - Baseball
   - Waterpolo
   - Frisbee
   - Other (specify)

2. If you answered YES to Question 2, individual sports are for you. Here are a few ideas:
   - Swimming
   - Skiing
   - Snowboarding
   - Figure skating
   - Diving
   - Kickboxing
   - Dance
   - Gymnastics
   - Other (specify)

3. If you answered YES to Question 3, you may like intellectual activities that satisfy your curiosity. Here are a few possibilities:
   - Search for the Top
   - Astronomy
   - Chess
   - Science activities
   - Journalism
   - Scrapbook
   - Reading
   - Other (specify)

4. If you answered YES to Question 4, creative and artistic activities may be perfect for your inner artist. Here are some suggestions:
   - Drawing
   - Music
   - Painting
   - Dance
   - Singing
   - Photography
   - Writing
   - Other (specify)

5. If you answered YES to Question 5, community-related activities are for you. Here are some examples:
   - Volunteer work
   - Outdoor work
   - Protecting the environment
   - Pet sitting
   - Helping the elderly
   - Recycling
   - Other (specify)

GOOD NEWS!

Even if only one category appeals to you, it’s a little bit of all of these that makes up a meaningful life. Choose one that interests you, and the rest will fall into place. Now a few more words of advice:

- If you have an idea for an activity that you’d like to try, there’s no harm in giving it a try.
- If you feel too self-conscious to try it out, you’ll never know what you might gain by trying it.
- It’s easy for others to judge you, but you are the most unique person you’ll ever meet.

So, what’s next? Are you ready to create your profile?

MY PROFILE

Let’s begin!

1.  
   - What?
   - Why?

2.  
   - What?
   - Why?

3.  
   - What?
   - Why?

4.  
   - What?
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