



V.I.P  
(Values, Interests, Personality)  
Workbook



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## **V.I.P. Profile**

V.I.P. usually stands for “Very Important Person”. Do you consider yourself to be a very important person? You should because it all begins with self recognition. Your importance to friends, family and society will develop over time based on the life path you choose to take.

At Youthjobs we also use **V.I.P.** to represent **V**alues, **I**nterests and **P**ersonality.

By developing a personal V-I-P profile, you will be identifying may important things that define you as an individual. Things that will help give deeper meaning to your role as a very important person.

This workbook contains a few checklists as well as information about Values, Interests and Personality.

## Values

When considering a career, think of the kind of work and work conditions that are important to you.

Check off the values you think are most important to you.

- Achievement, sense of accomplishment
- Make use of my abilities
- Adventure, exploration, risk
- Opportunity to make decisions
- Treated fairly by the company
- Fast paced, busy most of the time
- Leadership, influence, authority
- Money, lots of money to buy things
- Opportunity for advancement
- Good, friendly co-workers
- Able to make suggestions
- Meaningful work
- Work alone
- Family time, 9 – 5 type of work
- Recognition
- Job security
- Self-Growth
- Little supervision
- Do something different every day
- Support from co-workers, supervisors

Now choose the 3 values that are most important to you and write them below.

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## Interest Checklist

You probably have lots of interests. Think of what you enjoy doing, your hobbies, and things you find interesting. To help you get started, here is a general checklist of work-related interests you can fill-out.

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|--|--|
| <input type="checkbox"/> acting or entertaining        | <input type="checkbox"/> methodical work             |
| <input type="checkbox"/> adventure                     | <input type="checkbox"/> money & banking             |
| <input type="checkbox"/> animation or design           | <input type="checkbox"/> negotiating                 |
| <input type="checkbox"/> arts and crafts               | <input type="checkbox"/> new challenges              |
| <input type="checkbox"/> being outdoors                | <input type="checkbox"/> new products or services    |
| <input type="checkbox"/> belonging to clubs            | <input type="checkbox"/> performing experiments      |
| <input type="checkbox"/> biography                     | <input type="checkbox"/> persuading others           |
| <input type="checkbox"/> building things               | <input type="checkbox"/> planning meetings           |
| <input type="checkbox"/> business                      | <input type="checkbox"/> plants and animals          |
| <input type="checkbox"/> caring for others             | <input type="checkbox"/> politics and current events |
| <input type="checkbox"/> chemistry                     | <input type="checkbox"/> public speaking             |
| <input type="checkbox"/> computer games                | <input type="checkbox"/> reading reports             |
| <input type="checkbox"/> conducting research           | <input type="checkbox"/> repetitive work             |
| <input type="checkbox"/> cooking or baking             | <input type="checkbox"/> sales or marketing          |
| <input type="checkbox"/> coordinating events           | <input type="checkbox"/> science                     |
| <input type="checkbox"/> creating or playing music     | <input type="checkbox"/> solving puzzles             |
| <input type="checkbox"/> decorating                    | <input type="checkbox"/> sports                      |
| <input type="checkbox"/> drawing or graphics           | <input type="checkbox"/> studying and reading        |
| <input type="checkbox"/> electronics and technology    | <input type="checkbox"/> taking things apart         |
| <input type="checkbox"/> fashions                      | <input type="checkbox"/> teaching or explaining      |
| <input type="checkbox"/> finding out how things work   | <input type="checkbox"/> the environment             |
| <input type="checkbox"/> fixing things                 | <input type="checkbox"/> traveling                   |
| <input type="checkbox"/> geography                     | <input type="checkbox"/> using tools and machines    |
| <input type="checkbox"/> handling finances             | <input type="checkbox"/> volunteering                |
| <input type="checkbox"/> health issues                 | <input type="checkbox"/> working alone               |
| <input type="checkbox"/> helping others                | <input type="checkbox"/> working 9 to 5              |
| <input type="checkbox"/> history                       | <input type="checkbox"/> working with a team         |
| <input type="checkbox"/> installing things             | <input type="checkbox"/> working with computers      |
| <input type="checkbox"/> interacting with people       | <input type="checkbox"/> working with equipment      |
| <input type="checkbox"/> inventing or creating things  | <input type="checkbox"/> working with numbers        |
| <input type="checkbox"/> learning about other cultures | <input type="checkbox"/> working with the public     |
| <input type="checkbox"/> managing others               | <input type="checkbox"/> working with your hands     |
| <input type="checkbox"/> meeting new people            | <input type="checkbox"/> writing                     |

## Personality

What does your personality have to do with it? Everyone has a unique personality style that influences their decisions. By understanding your personality style, you will be able to make smarter decisions about your future.

Personality styles can be assessed in numerous ways; through on-line tests, by taking workshops, or sometimes through books and magazines. Just remember that self-knowledge is an on-going process. Personality profiling can sometimes be remarkably accurate but don't get hung up on thinking they are 100% accurate. At the very least it will get you thinking about yourself in new ways.

You can learn more about your personality style by attending workshops at the ACSBE Resource Centre.

On-line resources include:

- [www.testingroom.com](http://www.testingroom.com)
- [www.advisorteam.com](http://www.advisorteam.com)
- [www.worksearch.gc.ca](http://www.worksearch.gc.ca)