**Internal Factors Self-reflection**

1. Who is your hero or role model (either current or when you were younger)? What values do you share with this person? **Values**
2. What gives your life a sense of meaning or purpose? Is it family and friends? Is it achievements? Is it religion? Is it creativity? Is it social responsibility? Money? Something else? **Values**
3. If you are Googling in your free time, what topics do you tend to look up? **Interests**
4. Do you prefer working with people, numbers and data, ideas, or real-world things like animals or equipment? Or some combination? **Interests**
5. What do you find easy to do that others find hard? **Skills/Strengths**
6. In what areas of work/school do you seem to get the best results? **Skills/Strengths**
7. How does/would your best friend describe you? **Personality**
8. What about yourself do you like the most? **Personality**