**Helpful Insight:** Very few people know exactly what they want to do in life. I have found that by answering questions related to what you LIKE, you will be able to create a life that you will enjoy. When we know what we are good at and what comes to us naturally we can then look for jobs or sources of income that we can excel at.

By answering these questions you will be able to create and look for companies that align with your interests. Each and every one of us can bring a unique value to the work force if we know how to direct our attention and interest. You will be able to discover more about yourself if you dive back into your memories and the experiences that you have LIKED and DISLIKED.

Keep it positive & be honest with yourself.

We can find our LIKEs by inviting ourselves to answer the 5 W’s: WHO, WHAT, WHERE, WHEN, WHY. The WHO will be described after the rest of the 5 W’s have been answered in relation to your LIKEs.

**WHAT do I LIKE?**

What do I LIKE to do with my time?

What do I LIKE to do with my friends?

What do I LIKE to do when working independently?

What do I LIKE to do when working in groups?

What time do I LIKE be productive?

What kind of work do I LIKE to do?

What kind of environment do I LIKE to be in?

What do I LIKE about myself?

What comes to me naturally?

What am I really good at?

What are my weaknesses?

**WHERE do I LIKE?**

Where would I LIKE to live?

Where do I LIKE to work (outside or inside)?

Where do I LIKE people the most?

Where am I most productive?

Where am I myself?

Where do I find it easy to be myself?

**WHEN do I LIKE?**

When do I LIKE to wake up?

When do I LIKE to go to sleep?

When do I LIKE to be productive?

When do I LIKE working on a project?

When do I LIKE to be active?

When do I LIKE to be outside and inside?

When do I LIKE to be by myself?

When do I LIKE to be around people?

**WHY do I LIKE?**

Why do I LIKE people?

Why do I LIKE myself?

Why do I LIKE being productive?

Why do I LIKE working hard?

Why do I LIKE being a part of teams?

Why do I LIKE to work independently?

**WHO am I?**

Who am I today?

Who do I want to be tomorrow?

Who do I want to be remembered as?

Who do I want to work with?

Write your ‘I am’ statement using the answers that you have written in the 5 W’s of LIKEs. You are what you LIKE and you will be more comfortable with where you work because you know who is doing it.

I am…

            Read your ‘I am’ statement at least once a day☺