Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Journal Entries Chapter 3: Exploring Multiple Intelligences, Interests, and Values**

1. What are your highest intelligences? Use the above activity and the results of your TruTalent Intelligences assessment to answer this question. What careers are recommended based on your highest intelligences?
2. Comment on your emotional intelligence and how you can use it to be successful in your personal life and your career.
3. You can learn about your vocational interests and matching careers by taking the Interest Profiler at <https://www.mynextmove.org/explore/ip>. After taking this assessment, complete the following steps:
* Click on your highest interest and briefly describe it.
* Click on your second-highest interest and briefly describe it.
* Click on your third-highest interest and briefly describe it.
* Click on the Job Zone button and select your future level of education. Click on Careers and list three careers that match your vocational interests.
* Click on one career and write one sentence about what you found interesting about this career.
1. Make a list of your top four values. Explain why these values are the most important to you.
2. Write down your most important value. Write an intention statement about how you plan to act on this value. For example, my most important value is to maintain my good health. I intend to act on this value by eating right and exercising.