

# Interest checklist

You can use an interest checklist to help you think about what activities and interests you:

- have now
- want to try.

## What is an interest checklist?

An interest checklist has a list of around 50 to 60 activities, such as:

- walking
- running
- dancing
- watching sports
- painting and drawing.

For each activity you are asked to select if this is an activity you:

- do now
- want to try.

Your answers to these questions could help you think about your current and future goals, any support that you may require, including the option of using assistive technology for support.

## How long will it take to answer all the questions?

It will take you around 10 to 15 minutes to answer all the questions on an interest checklist.

## How do I download an interest checklist?

There are lots of interest checklists that you can use.

An Easy Read version of the interest checklist tool is available to download in 2 parts of My Technology Space:

1. About me and my goals
2. Tools and Resources.





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