

1. Music: Instrumental

- a. Piano
- b. Guitar
- c. Violin
- d. Cello
- e. Saxophone
- f. Clarinet
- g. Bass
- h. Drums
- i. Percussion
- j. Trumpet
- k. Trombone
- l. Harmonica
- m. Accordion
- n. Other

2. Music: Conducting

- a. Directing a choir
- b. Directing a band
- c. Conducting an orchestra
- d. Other

3. Music: Composition

- a. Writing song lyrics
- b. Composing musical scores
- c. Creating beats, composing hip-hop or rap
- d. Other

4. Music: Performance

- a. Singing in a choir
- b. Singing, playing solo
- c. Band
- d. Orchestra
- e. Other

5. Art

- a. Painting
- b. Drawing
- c. Sketching
- d. Sculpture
- e. Graphic art
- f. Pottery
- g. Illustrating
- h. Other

6. Writing

- a. Poetry
- b. Plays
- c. Stories
- d. Fiction
- e. Nonfiction
- f. Journaling
- g. Other

7. Dance/Movement

- a. Modern dance
- b. Ballroom dance
- c. Cheerleading
- d. Martial arts
- e. Break dancing
- f. Other

8. Other Creative Arts

- a. Cooking
- b. Sewing
- c. Fashion design
- d. Knitting
- e. Other

9. Building and Design

- a. Woodworking
- b. Carpentry
- c. Cabinetry
- d. Construction
- e. Drafting
- f. Architecture
- g. Other

10. Leadership

- a. Problem solving
- b. Bringing people together
- c. Motivating people
- d. Conflict resolution
- e. Student government
- f. Engagement in civic decision making
- g. Membership on committees and boards
- h. Other

11. Entrepreneurship

- a. Creating business plans
- b. Marketing
- c. Sales
- d. Management
- e. Creating inventions
- f. Developing new products
- g. Designing services
- h. Other

12. Sports and Athletics

- a. Basketball
- b. Football
- c. Soccer
- d. Tennis
- e. Golf
- f. Baseball
- g. Softball
- h. Running

- i. Skateboarding
- j. Skiing
- k. Rowing
- l. Horseback riding
- m. Wrestling
- n. Gymnastics
- o. Bowling
- p. Hockey
- q. Archery
- r. Conditioning
- s. Swimming
- t. Volleyball
- u. Weight lifting
- v. Other

13. Learning

- a. Science
- b. Math
- c. Archeology
- d. History
- e. Languages
- f. Literature
- g. Political science
- h. Religion
- i. Psychology
- j. Anthropology
- k. Geography
- l. Sociology
- m. Other

14. Teaching and Instructing

- a. Swimming
- b. Rock climbing
- c. First aid
- d. CPR
- e. Computers
- f. Team sports
- g. Individual sports
- h. Academic subjects (such as math, history, or science)
- i. Languages
- j. Other

15. Relationships

- a. Making friends
- b. Supporting friends
- c. Being a peacemaker
- d. Empathy
- e. Studying people
- f. Other

continues...

16. **Serving, Helping, Volunteering**

- a. Making my community better
- b. Volunteering
- c. Helping people
- d. Helping children
- e. Tutoring
- f. Mentoring
- g. Counseling
- h. Other

17. **Nature, Ecology, Environment**

- a. Exploring the natural world
- b. Protecting endangered species
- c. Protecting wildlife
- d. Conservation
- e. Floral arranging
- f. Growing flowers
- g. Preservation
- h. Landscaping
- i. Gardening
- j. Other

18. **Animals**

- a. Raising animals
- b. Caring for animals
- c. Training animals
- d. Animal medicine
- e. Other

19. **Computers**

- a. Keyboarding
- b. Programming
- c. Software development
- d. Hardware
- e. Computer repair
- f. Computer graphics
- g. Web page design
- h. Other

20. **Comedy**

- a. Making people laugh
- b. Telling jokes
- c. Writing sketches
- d. Improvisation
- e. Other

21. **Speech**

- a. Public speaking
- b. Debate
- c. Broadcasting
- d. Other

22. **Spirituality**

- a. Meditation
- b. Worship
- c. Ritual
- d. Sacred music
- e. Studying sacred texts
- f. Experiences of unity and harmony
- g. Experiences of transcendence
- h. Practice (yoga, for example)
- i. Prayer
- j. Other

23. **Drama, Theater**

- a. Acting
- b. Directing
- c. Lighting
- d. Set design
- e. Other

24. **Photography and Film**

- a. Nature photography
- b. Filmmaking
- c. Videography
- d. Animation
- e. Portrait photography
- f. Movie production
- g. Other

25. **Being Committed to Living in a Specific Way**

- a. Joy
- b. Passion
- c. Tolerance
- d. Caring
- e. Optimism
- f. Idealism
- g. Other

26. **Reading**

- a. Fiction
- b. Poetry
- c. Nonfiction

- d. Memoirs
- e. Biography
- f. Autobiography
- g. Other

27. **Advocacy**

- a. Environment
- b. Children
- c. Social justice
- d. School reform
- e. Other

28. **Family**

- a. Family history
- b. Helping family
- c. Celebrating family
- d. Being with family
- e. Other

29. **Outdoor Life**

- a. Fishing
- b. Hunting
- c. Camping
- d. Hiking
- e. Bicycling
- f. Other

30. **Journalism**

- a. Newscasting
- b. News writing
- c. News editing
- d. Radio and TV production
- e. Other

31. **Mechanics, Engineering**

- a. Electronic
- b. Auto mechanics
- c. Car audio
- d. Bridge, highway design
- e. Machine repair
- f. Customizing
- g. Other

32. **Solving Social Problems**

- a. Global warming
- b. Poverty
- c. Racism
- d. At-risk children
- e. Pollution
- f. Homelessness
- g. Other