**IBDP CAS Personal Inventory Form**

This document will help in matching your interests, experience, skills, talents and ways you want to grow and develop with CAS experiences and project ideas. This is simply a way to get started with your CAS programme.

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| Name: |  |
| Class |  |
| 1. What are your talents? | |
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| 2. What do you enjoy doing? | |
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| 3. What skill or talent would you like to improve? | |
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| 4. What are you already doing that could be part of your CAS programme? | |
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| 5. What would you like to be involved in? | |
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| 6. Describe a time when you helped someone else or helped with a cause. | |
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| 7. Describe a time when someone helped you. | |
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| 8. About what issues do you have concern or feel most passionate? | |
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| 9. Are there any local clubs or community associations in which you could be involved? | |
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| 10. What would you like to learn more about? | |
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| 11. What have you always wanted to try but haven’t yet? | |
| 12. What other questions may help? Write down two and answer them. | |
| 12a. | |
|  | |
| 12b. | |
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