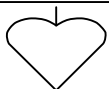


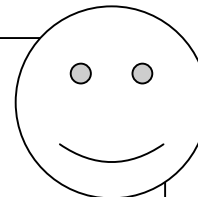
Getting to know yourself: Of course things you LIKE & Do Well bring positive inflection when we speak of these things. Things you dislike bring your energy down. Identifying these things can bring positive awareness. Remember one cannot be good at everything. That's why there are specialists. Have fun with the examples that come up to illustrate why you have answered as you do. Adjust the list of Skills as you need to – in order to specifically fit your current needs. Such as Job Skills, relationship, parenting, self esteem, life skills.



Do Well



Don't Do Well



L
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K
E

Utilizing these skills will make your work enjoyable

You may enjoy spending time training in these areas

D
I
S
L
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K
E

Being forced to maintain these skills will dishearten

These can make you miserable & feel incompetent

- Accurate / Motivated
- Proficient / efficient
- Prompt/ Being on time
- Responsible / Quick Learner
- Following directions
- Careful / Orderly
- Dependable / Conscientious
- Self-Starter / Developing ideas
- Persistent / Punctual
- Honest / Courteous
- Able to Delegate
- Work well under pressure
- Being out doors
- Assertive / Taking supervision
- Born Leader / supervision
- Good Communication Skills
- Healthy / physically fit
- Reliable / Completing tasks
- Energetic / Enthusiastic
- Positive Attitude
- Ability to take orders
- Skills with art & music
- Attention to detail
- Likeable to others
- Working independently
- Working in noise & confusion
- Working under pressure
- Problem solving
- routine / variety Fast pace / slow pace
- Working at a self-pace
- Interpreting data
- Managing time & activity
- Gathering & recording info.
- Teaching or training others
- trouble-shooting skills
- Skill - numbers / tools