



## Discover My Top Talents & Strengths

*Jot down any ideas and answers that come to you for the following:*

Activities I spent time doing and enjoying as a child:

Subjects that came easily (and were fun for me) in school:

Within my family, I'm "known" for being great at these things:

People (employers, friends, family, colleagues) come to me for help with these kinds of activities:

Examples of projects I've LOVED working on (recall projects from throughout life), including the activities within those projects that were most rewarding for me:

*Now compare what you've written above to the talents and strengths included on the following list. Circle the skills and talents that come up most often, and are most rewarding for you.*

## Strengths & Talents Listing

*Read your answers to the questions on the previous page, and then review the listing below. Put checkmarks next to the skills and talents that came up most often, and are most rewarding for you.*

Acting	Handling details
Administering programs	Helping others
Advising people	Hosting
Advocating	Implementing new ideas
Analyzing	Inspecting
Assembling things	Interpreting languages or information
Athletic abilities	Interviewing
Attending to detail	Inventing ideas or things
Auditing information or processes	Investigating
Budgeting	Leading
Building Teams	Maintaining information
Building trust	Managing
Calculating data	Managing conflict
Coaching	Managing time
Collaborating	Motivating
Collecting information	Negotiating
Compiling data or things	Operating equipment
Conceptualizing Ideas	Organizing
Constructing things	Performing
Coordinating	Persuading
Coordinating	Planning
Counseling	Programming
Correcting errors	Promoting activities or people

Counseling	Promoting change
Creating Crafts	Proposing ideas
Decision making	Providing information
Defining needs	Public Speaking
Delegating	Researching
Designing	Screening information and people
Disseminating information	Selling
Distributing	Selling ideas or products
Drawing	Servicing
Editing	Solving problems
Encouraging others	Supervising
Enforcing policies	Teaching
Estimating	Training
Evaluating	Writing
Fixing things	Other: _____
Forecasting	<i>Create your own talent / skill words, as many as you like!</i>
Fundraising	

## Top Choice Talents & Strengths

*Prioritize 10 or so talents and skills that are your favorites, which you LOVE to use, and write them in the table below.*

<b>My Top 10 Favorite Talents / Strengths</b>	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	