



## Assessing My Abilities

**Part 1:** Pull out the exercise regarding your “heartbeat.” Circle any words in your accomplishments that are verbs (showing action.) Then, complete the section below.

**Part 2:** Mark the abilities that best describe you below. If none of the words on the list fits you, feel free to add your own on the “other” line.

- \_\_\_\_\_ **Entertaining:** to perform, act, dance, speak, perform “magic”
- \_\_\_\_\_ **Recruiting:** to enlist and motive people to get involved
- \_\_\_\_\_ **Interviewing:** to discover what others are really like
- \_\_\_\_\_ **Researching:** to read, gather information, collect data
- \_\_\_\_\_ **Artistic:** to conceptualize, picture, draw, paint, photograph, or make renderings
- \_\_\_\_\_ **Graphics:** to layout, design, or create visual displays or banners
- \_\_\_\_\_ **Evaluating:** to analyze data and draw conclusions
- \_\_\_\_\_ **Planning:** to strategize, design and organize programs and events
- \_\_\_\_\_ **Managing:** to supervise people to accomplish a task or event and coordinate the details
- \_\_\_\_\_ **Counseling/encouraging:** to listen, encourage and guide with sensitivity
- \_\_\_\_\_ **Teaching:** to explain, train, demonstrate, tutor
- \_\_\_\_\_ **Writing:** to write articles, letters, books
- \_\_\_\_\_ **Editing:** to proofread or rewrite
- \_\_\_\_\_ **Promoting:** to advertise or promote events and activities
- \_\_\_\_\_ **Repairing:** to fix, restore, maintain
- \_\_\_\_\_ **Feeding:** to create meals for large or small groups
- \_\_\_\_\_ **Recall:** to remember or recall names and faces
- \_\_\_\_\_ **Mechanical operating:** to operate equipment, tools or machinery
- \_\_\_\_\_ **Resourcing:** to search out and find inexpensive materials or resources needed
- \_\_\_\_\_ **Counting:** to work with numbers, data or money
- \_\_\_\_\_ **Classifying:** to systematize and file books, data, records and materials for easy retrieval
- \_\_\_\_\_ **Public Relations:** to handle complaints and unhappy customers with care and courtesy
- \_\_\_\_\_ **Welcoming:** to convey warmth, develop rapport, making others feel comfortable

\_\_\_\_\_ **Composing:** to write music or lyrics

\_\_\_\_\_ **Landscaping:** to do gardening and work with plants

\_\_\_\_\_ **Decorating:** to beautify a setting for a special event

\_\_\_\_\_ **Financial:** to understand and share financial/accounting principles

\_\_\_\_\_ **Financing/fundraising:** to fund projects or causes or organize initiatives to do so

\_\_\_\_\_ **Hobby:** to work with your hands in any of the following areas:

- |                        |                            |                    |
|------------------------|----------------------------|--------------------|
| _____ canning          | _____ knitting/crocheting  | _____ woodworking  |
| _____ cook/bake        | _____ gardening            | _____ sewing       |
| _____ build furniture  | _____ drawing/painting     | _____ fly tying    |
| _____ knotting/macramé | _____ sculpting            | _____ electronics  |
| _____ making crafts    | _____ calligraphy/stamping | _____ other (list) |

\_\_\_\_\_ **Musical:** to sing or play a musical instrument

\_\_\_\_\_ **Technical:** to operate/repair equipment in the following area(s):

- |                          |  |
|--------------------------|--|
| _____ recording studio   | _____ PowerPoint/presentation software |
| _____ A/V support        | _____ Video Artist/technician          |
| _____ Info Systems (web) | _____ Lighting Technician              |
| _____ Computer software  | _____ Computer hardware                |
| _____ Media/Tape         | _____ Special effects                  |
| _____ Other technical    |  |

\_\_\_\_\_ **Outdoor:** to understand, enjoy and succeed naturally at outdoor hobbies and challenges

- |                         |                               |                       |
|-------------------------|-------------------------------|-----------------------|
| _____ fishing           | _____ hunting                 | _____ backpacking     |
| _____ kayaking/canoeing | _____ boating                 | _____ camping (other) |
| _____ hiking            | _____ rock climbing           | _____ photography     |
| _____ swimming          | _____ navigating/orienteering | _____ other           |

\_\_\_\_\_ **Do it yourself:** to enjoy and demonstrate skill at home improvement and DIY projects.

\_\_\_\_\_ **Touring:** to enjoy and adapt to a variety of locations and cultures while traveling/serving.

\_\_\_\_\_ **Other** (list)

**Part 3:** Fill in the following.

My current vocation is: \_\_\_\_\_

Other jobs or skills I have experience in: \_\_\_\_\_

I feel like I have these specialized abilities: \_\_\_\_\_

I have led/taught a class on: \_\_\_\_\_