

## NATURAL ABILITIES, SKILLS AND TALENTS ASSESSMENT

### Skills Category:

Are you most comfortable with... (Choose one that most fits you)



Gather  
Information



Connect  
with people



Work with  
things

### Skills Inventory

From the list below, check all of the things you enjoy or do well:

#### Analytical

- discovering
- measuring
- working with numbers
- games like chess
- working with money
- doing experiments
- using calculators
- doing puzzles
- organizing
- comparing things/numbers
- playing with numbers in my head

#### Nurturing

- helping others
- listening
- getting along with others
- making friends
- baby-sitting
- leading teams of people
- understanding people
- group games or projects
- protecting
- teaching others
- nursing

#### Mechanical

- fixing things
- taking things apart
- inventing
- running machines
- taking care of cars
- handling tools
- building things
- shaping things
- lifting/moving things
- delivering things
- doing craft projects

#### Systematic

- working on computers
- reading or telling stories
- memorizing names or numbers
- budgeting money
- jigsaw puzzles
- following directions
- putting things in order
- writing neatly
- collecting information
- memory for details
- filing information

Enterprising

- leading or directing
- setting/meeting deadlines
- making decisions
- selling
- planning meetings/parties
- speaking in front of others
- taking risks
- talking easily with strangers
- planning action/activities
- coming up with new projects
- getting others involved

Creative

- thinking of new ideas
- photographing
- dancing to music
- cooking, planning meals
- coordinating colors
- designing
- making layouts/drafting
- using my imagination
- drawing or sketching
- planting a garden
- expressing emotion

Take a careful look at the skills inventory list and circle the top 10 skills that you most enjoy using:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Looking at the skills, you have identified, determine what talents are you using in your current occupation. What skills fit into an industry or job that you would like to be doing? Do you see more skills listed in an industry you would prefer to move into instead of the area you are currently working in? If so, you need to take a closer look at those skills and potential business arenas.

After you have taken a closer look at the results of your self-evaluation and determined an industry or job that interests you and parallels your skills inventory you will want to begin researching the marketplace.

Ask yourself which industries most interest you. List your top three:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_