

Personal gifts, talents, skills and abilities inventory:

Take a moment to remember an award or contest that you won going back to grade school and on through your young adult life. I am not talking about just the big things like being class president or getting a promotion, but may be something more basic about you. For example, are people always saying you're a good listener or it is easy for you to meet and talk to new people? Maybe a coach or a boss or a spouse says you are a really hard worker or that you're a great learner? What are some things that come naturally to you? (Since they come naturally you think it is no big deal but is, so write it down!) Let go and brain storm your list should have 25-30 items minimum.

Example

- 1) Athletic- I was always chosen as the team captain in high school and then put together flag football team in college
- 2) I am patient and thoughtful from what my best friend says
- 3) I am a better listener than a talker. My friends and coworkers have said they always feel they can talk to me.
- 4) Good at balancing my check book.
- 5) I am pretty organized at least when I go camping everyone is borrowing my stuff

Now it is all about you, it really is, so have fun and make your list!

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