

- YOUR GIFTS - THE 'INNER' YOU! -

READ OR GET SOMEONE TO READ THE QUESTIONS - THEN CIRCLE AN ANSWER

1 I am good at sorting things out and organising plans and people. I can help make things work better	Good	OK	Bad
2 I am good at doing new things, having ideas, setting up new things, taking risks, often on my own	Good	OK	Bad
3 I am good at making things with my hands - like making stuff from wood, metal and art	Good	OK	Bad
4 I am good at communicating to people using media stuff like drama, music and computers etc.	Good	OK	Bad
5 I am a good judge of people and what they are like	Good	OK	Bad
6 I am good at encouraging people, making them feel better and helping them so they can do things	Good	OK	Bad
7 I am good at 'working behind the scenes' so that things get done, doing what people ask, to help out	Good	OK	Bad
8 I am good at meeting new people, making people feel welcome and helping them deal with change	Good	OK	Bad
9 I am good at studying things, finding out facts and helping people understand things clearly	Good	OK	Bad
10 I am good at taking responsibility for people, guiding & directing them, getting the best from them	Good	OK	Bad
11 I am good at understanding people when they are hurting inside and feeling down	Good	OK	Bad
12 I am good at seeing solutions to things, giving practical advice to people in life	Good	OK	Bad

**NOW WRITE DOWN THE NUMBERS
WHERE YOU HAVE TICKED 'GOOD'**



– YOUR GIFTS – SKILLS – ABILITIES –

< << WHAT EACH QUESTION RELATES TO >> >

1 ADMINISTRATION	Types of jobs may be working in an office, being a secretary, an admin assistant
2 INNOVATING, INVENTING	Inventing something, having your own business, setting up projects 4 people in need
3 CRAFTS PERSON	Making furniture, working in a factory, building things, making gadgets, builder
4 CREATIVE COMMUNICATION	Working in film, TV, theatre, media, IT, being a teacher, youth worker, lots of things!
5 DISCERNMENT	A counsellor or someone who listens and advises people, citizens advice, lawyer
6 ENCOURAGEMENT	Great skill to have! You may be a good leader of a team, a youth worker or adviser
7 HELPING	An under-valued skill. Lots of jobs need this. Nurse, work with animals, old people, kids
8 HOSPITALITY	Work in a hotel, as a receptionist, as a secretary, a holiday rep, run a care home
9 KNOWLEDGE	A lawyer, citizens advice, accountant, work in a council or government, an adviser
10 LEADERSHIP	This has to be earned – team leader, a manager of something, your own business
11 MERCY	A nurse, work with animals, old people, young people, children
12 WISDOM	Be an adviser, counsellor, careers adviser, give financial advice, work in a shop

– YOUR GIFTS – SKILLS – ABILITIES –

< << WHAT YOU ENJOY DOING – WHAT YOU'D LIKE TO BE >> >

If I could do one thing that I couldn't fail at I would...

At the end of my life, I'd like to look back and say I'd achieved...

If my mates described me they'd say I was most interested in...

The thing that keeps me talking late into the night is...

What kinds of people do you relate to or want to work with...

What issues or causes do you feel most strongly about?

WRITE DOWN YOUR SKILLS AND TRY TO MATCH THEM UP WITH YOUR INTERESTS