



Identifying My Strengths, Talents, & Abilities Self-Assessment Worksheet

Below is a list of potential strengths, talents, abilities and aptitudes. Review the list and consider which of these are within you. Circle these. While each of us actually possesses all these potential strengths *be specific about the ones that you feel are especially available to you*. There are spaces at the end of this list to add others that occur to you.

Friendly	Motivator	Sense of humor	Writer
Innovative	Good with money	Articulate	Committed
Sensitive	Loyal	Forgiving	Empathetic
Creative	Artistic	Psychic	Leader
Imaginative	Kind	Mechanical	Practical
Trouble-shooter	Intuitive	Good with animals	Good cook
Playful nature	Industrious	Good with plants	Wise
Orderly	Planner	Good with children	Logical
Cooperative	Energetic	Patient	Cautious
Hardworking	Good listener	Spontaneous	Fun loving

Others: _____

When you have finished, go back and reconsider each characteristic you circled. Do you think that you are meant to do something more with some of these attributes/strengths/talents? Can you identify some of your strengths which have a special feeling when you think about them (perhaps ** them)? As you move forward with planning for your retirement life, think of how you might be able to tap into or build on these strengths as you take steps to create your retirement plan.

