

## Strengths & Skills Activity Worksheet

This Strengths & Skills Activity allows you to create a list to use when talking to people about your interests and work. This worksheet can be downloaded, saved and/or printed. This worksheet activity helps you prepare to meet with people who ask the following questions:



- What are you good at?
- What are your strengths?
- What skills or skill sets do you have?
- What have you learned in the last year?
- What is a problem you solved and what did you learn?
- What are your assets?

Complete each section by answering the questions. Then take all of the answers and put them together in the final section to create your Assets Inventory, bringing Strengths and Skills together into a single list! If a question is hard, use the examples to help you think about your answers.

### Question 1: What do you do well? What are you good at?

- 1.
- 2.
- 3.

Examples: “I finished my school project.” “I got my first job!” “I learned how to welcome customers to the store.” “I learned how to stock shelves.” “I created my first YouTube video.”



### The List Above Are Your Strengths!

**Definition:** Things you are good at! Things you like to do!

**More Examples:** Reading, gaming, taking pictures, creativity, respectful, working in teams.

## Question 2: What are your best skills?

- 1.
- 2.
- 3.

Examples: “I am always on time for school and work and I show this every day.” “I am excellent at using the computer and I am doing research now.”



### The List Above Are Your Skill Sets!

**Definition:** A set of skills and abilities. Something you know or can do that will help you get a job.

**Examples:** computer skills, telephone skills, being on time, cooking, reading, writing.

## Question 3: What have you learned in the last year, what new skill(s) do you have?

- 1.
- 2.

Examples: “I learned how to use Zoom for meetings on the computer.” “I can do Internet searches.” “I learned how to fill out a time card for work.”



### The List Above Are More Skill Sets!

**Definition:** These are skills and abilities that you learned to do in the last year. Something you learned to do that could help you get a job and show you are always learning new things.

**More Examples:** Learned how to use Microsoft Word, how to use public transportation, stock shelves, set the table.

## Question 4: What was a problem you had and what did you learn from it?

- 1.
- 2.

Example: “I used to interrupt people on the phone and now I learned to wait my turn. I had to be patient and say “excuse me” to then take my turn when they are finished talking.”



### The List Above Are More Skill Sets!

**Definition:** These are problem solving skills. When you have a problem, learn from it, and make a change to do something different.

**More Examples:** “I was late all the time. I learned how to use my phone to set alarms to help me be on time.” “I didn’t participate in class because I was nervous. Now I practice by trying to answer one question each day. I’m getting better!”

**Now, take the above answers and create your Strengths and Skill Sets List!**

### Strengths & Skills List



Strengths

- 1.
- 2.
- 3.

Skills

- 4.
- 5.
- 6.

What I learned in the last year (New Skills):

- 7.
- 8.

Things I learned from solving problems (Problem Solving Skills):

- 9.
- 10.



## **Congratulations!**

You did it! Read the 10 items listed above. This is your Assets Inventory, your Strengths and Skills that you will bring to school, to work, and to the community! Remember to update your list as you learn and grow.