

Self-Assessment Questionnaire: Work Abilities

Instructions: Put a check ✓ in the space that reflects your Ability level for that item. Please mark *every* item and be *honest* about your Ability level!

	Low Ability	Average Ability	High Ability	My Top 6
Athletic/sport abilities	_____	_____	_____	_____
Clerical abilities (organizing, filing, answering phones) _____	_____	_____	_____	_____
Communicating (relating ideas, concepts).....	_____	_____	_____	_____
Composing music	_____	_____	_____	_____
Computer/Internet (researching, programming)...	_____	_____	_____	_____
Debating	_____	_____	_____	_____
Drawing	_____	_____	_____	_____
Explaining	_____	_____	_____	_____
Friendly (at school, church, home)	_____	_____	_____	_____
Handling details	_____	_____	_____	_____
Illustrating	_____	_____	_____	_____
Leading	_____	_____	_____	_____
Marketing (promoting products, ideas, programs)..	_____	_____	_____	_____
Mathematical abilities	_____	_____	_____	_____
Meeting new people	_____	_____	_____	_____
Musical abilities	_____	_____	_____	_____
Operating machines (home, office, yard, shop)	_____	_____	_____	_____
Organizing (things, data, schedule, events)	_____	_____	_____	_____
Painting	_____	_____	_____	_____
Persuading	_____	_____	_____	_____
Physical coordination	_____	_____	_____	_____
Physical strength	_____	_____	_____	_____
Planning	_____	_____	_____	_____
Repairing things	_____	_____	_____	_____
Selling	_____	_____	_____	_____
Singing	_____	_____	_____	_____
Solving difficult problems	_____	_____	_____	_____
Speaking/writing/translating a foreign language _____	_____	_____	_____	_____
Starting a club, outreach program, business ...	_____	_____	_____	_____
Teaching	_____	_____	_____	_____
Typing/data entry	_____	_____	_____	_____

Working with data (computer, financial)	_____	_____	_____	_____
Working with hands	_____	_____	_____	_____
Working with people	_____	_____	_____	_____
Working with people from different countries	_____	_____	_____	_____

Scoring Page – Work Abilities

1. Look back over your *Work Abilities* section.
2. Which words did you rate the highest?
3. Now, look at those you rated as “High Ability” and **pick out your top six Abilities.** Put a **1, 2, 3, 4, 5,** or **6** in the space to the right of the *Work Ability* (under where it says My Top 6).
4. If you don’t have six in the “High Ability” category, then choose the rest from the “Average Ability” category (see example below).

	Low Ability	Average Ability	High Ability	My Top 6
Debating	_____	_____	_____	_____
Drawing	_____	_____	_____	_____
Musical abilities	_____	_____	_____	_____
Painting	_____	_____	_____	_____
Planning	_____	_____	_____	_____
Working with hands	_____	_____	_____	_____