

A Personal Checklist: Skills

Directions:

Put a one (1) next to all the things that you do well. Then put a circle around the three (3) things you do *best*.

I'm good at:

- | | |
|--|---|
| <input type="checkbox"/> Taking care of other people | <input type="checkbox"/> Reading |
| <input type="checkbox"/> Working with other people | <input type="checkbox"/> Writing |
| <input type="checkbox"/> Organizing things | <input type="checkbox"/> Math |
| <input type="checkbox"/> Making changes | <input type="checkbox"/> Science |
| <input type="checkbox"/> Using a computer | <input type="checkbox"/> Social Studies |
| <input type="checkbox"/> Answering the phone | <input type="checkbox"/> Art |
| <input type="checkbox"/> Woodworking | <input type="checkbox"/> Sports |
| <input type="checkbox"/> House painting | <input type="checkbox"/> Music |
| <input type="checkbox"/> Operating machines or tools | <input type="checkbox"/> Teaching friends |
| <input type="checkbox"/> Fixing cars | <input type="checkbox"/> Babysitting |
| <input type="checkbox"/> Waiting on tables | <input type="checkbox"/> Gardening |
| <input type="checkbox"/> Doing yard work | <input type="checkbox"/> Cooking |
| <input type="checkbox"/> Farming | <input type="checkbox"/> Sewing or knitting |
| <input type="checkbox"/> Hairdressing | <input type="checkbox"/> Being a team captain |
| <input type="checkbox"/> Cleaning | |

Use this space to list other things that you do well:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Adapted from "Speak Up for Yourself and Your Future," Department of Special Education, University of Vermont, 1993.