

## ABILITIES




**Directions:**

*Step 1:* Read through the list of abilities and consider them in their broadest possible context.

*Step 2:* Put a check mark in front of those abilities at which you **EXCEL**.

*Step 3:* Look over the items checked and circle the abilities that you **ENJOY** so much you lose track of time.

*Step 4:* Limit your final choices to your top three abilities and star ★ your top 3 abilities.

COLUMN A	COLUMN B	COLUMN C
 <p>Act Adapt Compose Conduct Create Design Develop Display Dramatize Draw Edit Illustrate Improve Improvise Integrate Interpret Model Originate Paint Perform Photograph Play Print Render Sense Show Sing Sketch Symbolize Synthesize Understudy Upgrade Write</p>	<p>Achieve Anticipate Control Decide Determine Direct Enforce Establish Envision Expand Found Head Implement Influence Increase Inspire Lead Manage Motivate Negotiate Order Oversee Persuade Plan Prescribe Prepare Provide Publicize Promote Raise Recommend Refer Represent Resolve Risk Select Sell Shape Supervise Win</p> 	<p>Adapt Analyze Assess Conceptualize Define Devise Discern Diagnose Discover Evaluate Experiment Formulate Generate Hypothesize Identify Innovate Invent Investigate</p>  <p>Judge Know Learn Observe Predict Prove Recommend Read Realize Reason Remember Report Research Seek Solve Study Test Troubleshoot Understand</p>

# ABILITIES

Week of February 8, 2010

COLUMN D	COLUMN E	COLUMN F
<p>Administer            Arrange            Assemble            Audit            Budget            Calculate            Check            Classify            Collect            Compile            Compute            Conserve            Consolidate            Detail            Dispense            Eliminate            Estimate            File            Finance            Gather            Get            Inspect            Inventory            Keep            Log            Memorize            Monitor            Obtain            Organize            Process            Program            Proofread            Purchase            Receive            Record            Reduce            Retrieve            Review            Schedule            Separate            Sort            Systematize            Transcribe            Translate            Typing</p> 	<p>Build            Complete            Construct            Deliver            Dig            Divert            Drive            Extract            Fix            Handle            Install            Lift            Maintain            Make            Manipulate            Operate            Pilot            Produce            Project            Rehabilitate            Repair            Restore            Set up            Sew            Supply            Tend            Use            Utilize            Wash            Work</p> 	 <p>Advise            Address            Arbitrate            Coach            Communicate            Cope            Counsel            Empathize            Encourage            Explain            Express            Facilitate            Follow            Give            Guide            Help            Inform            Instruct            Interview            Lecture            Listen            Mediate            Meet            Mentor            Offer            Present            Protect            Reconcile            Recruit            Relate            Respond            Serve            Share            Speak            Summarize            Support            Synergize            Talk            Teach            Tell            Train            Treat            Tutor            Unite            Verbalize</p>

# ABILITIES

Week of February 8, 2010

- 1) Review your answer sheets. Add up the number of checks you made in each column, and write the total in the appropriate cell below.
- 2) Add up the number of circles around terms in each column, and write the total in the appropriate cell below.
- 3) Add the number of checks and the number of circled items for each column, and write the sum in the appropriate cell below.
- 4) Finally, read the summary paragraphs for each category of Natural Gift to learn more about you.

COLUMN	A	B	C	D	E	F
# of checks						
# of circles						
checks + circles						

ABILITY CATEGORIES	DESCRIPTION
<b>A - Creative</b>	People with creative abilities derive satisfaction from creativity, originality, performance and personal expression through various media. They can work either alone or in groups as the situation requires. They enjoy expressing ideas and opinions through the arts.
<b>B - Adventurous</b>	People with adventurous abilities enjoy launching, leading and directing their own organizations. They possess a strong drive to achieve and excel that is both motivational and inspirational. They love to take calculated risks by selling, persuading and convincing others.
<b>C - Intellectual</b>	People with intellectual abilities take pleasure in conducting research and solving problems. They usually prefer to work by themselves in an office or a laboratory. They enjoy the challenge of grappling with difficult problems that require clever solutions. These individuals like working with data and numbers.
<b>E - Physical</b>	People with physical abilities enjoy working with their hands. They often prefer working outdoors and independently. They derive a great deal of satisfaction in completing projects with concrete results. These individuals like working with equipment, objects and things.
<b>D - Practical</b>	People with practical abilities enjoy performing routine skills efficiently and effectively. They like to work in situations with clear expectations and guidelines. Their strength lies in their organizational, administrative and managerial skills. They prefer tasks requiring logic and order in a safe, secure and stable setting.
<b>F - Relational</b>	People with relational abilities enjoy working harmoniously in any group. They excel in any situation requiring outstanding communication, interpersonal and facilitative skills. Their focus is on people – meeting their needs and challenging them to reach their potential.