

# Identify Your Abilities

Abilities are what you can do. You might also call them skills or talents. Your abilities are often expressed as *-ing* verbs.

**What are your abilities?** The following questions should help you identify some:

1) What are you doing when you are so engrossed or absorbed or involved that you lose track of time? Brainstorm and write those activities down. (Example: reading; baking; fishing)

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2) In what kinds of activities, relative to yourself and not others, do you make the boldest choices and take the greatest risks? (Example: speaking in foreign languages; telling jokes; styling your hair; skateboarding)

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3) In what kinds of tasks do you work the most quickly, relative to others? Be sure to consider the symbol system that you *remember* quickest: words, numbers, or visual images in either two or three dimensions. (Example: drawing, analyzing, calculating, making friends)

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4) What do people thank you for? (Example: listening; repairing broken things; initiating get-togethers)

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