

Analyzing Your Skills

Check the skills that apply to you. Use the 1 – 7 rating scale to indicate your level of skill or experience using this skill, with 1 being very low or beginner’s level, and 7 being very advanced or skilled.

Skills Analysis								Total
Section R	1	2	3	4	5	6	7	#
Be athletic or use physical coordination & agility								
Build or construct things or structures								
Do skilled crafts or use hand coordination with tools								
Operate vehicles, machines or electronic equipment								
Repair or set up machines or equipment								
Work with earth and nature								
Section R Totals								
Section I	1	2	3	4	5	6	7	#
Analyze, use logic, problem solve, examine or classify								
Conceive, adapt, develop, hypothesize or discover								
Evaluate, assess, test, appraise, diagnose or reason								
Observe, reflect, study or notice								
Research, investigate, read or interview								
Synthesize, integrate, unify or conceptualize ideas								
Section I Totals								

Section A	1	2	3	4	5	6	7	#
Entertain, perform, amuse, sing, dance or act								
Perceive intuitively, sense, show insight or have foresight								
Use artistic ability, photograph, decorate, paint or sculpt								
Use creativity, visualize, imagine, brainstorm or design								
Use musical ability, sing, compose or play instruments								
Write, edit, translate, interpret or critique words								
Section A Totals								

Section S	1	2	3	4	5	6	7	#
Care, treat, heal, nurse, minister to or rehabilitate others								
Counsel, empower, coach, guide or listen to individuals								
Host, comfort, please, make welcome or serve								



customers								
Plan social, recreational or other group events								
Problem-solve, mediate or liaise with people								
Teach, train, instruct, inform or explain to groups								
Section S Totals								

Section E	1	2	3	4	5	6	7	#
Administer, set goals & priorities, plan or make decisions								
Advise, consult, arbitrate or influence								
Initiate, assess needs, anticipate or create change								
Manage people, delegate, direct, oversee or motivate								
Sell, negotiate, convince, promote or persuade								
Speak in public, debate, advocate, present or demonstrate								
Section E Totals								

Section C	1	2	3	4	5	6	7	#
Account, budget, program or systematize financial data								
Attend to detail, copy, inspect or transcribe								
Compute, calculate, compare or record numbers								
Forecast, appraise or estimate numerical information								
Implement, monitor, coordinate, expedite or schedule								
Organize, file, update, categorize or arrange information								
Section C Totals								

Insert additional skills	1	2	3	4	5	6	7	#

Congratulations on identifying your skills!
Highlight the top 5 skills that are most important to you.

