

secondactinspiration

My Transferable Skills & Talents Worksheet





What am I passionate about?

Exercise 1: This exercise requires a few minutes of deep thought before completing the statements. Give explanations to help clarify and expand on the information.

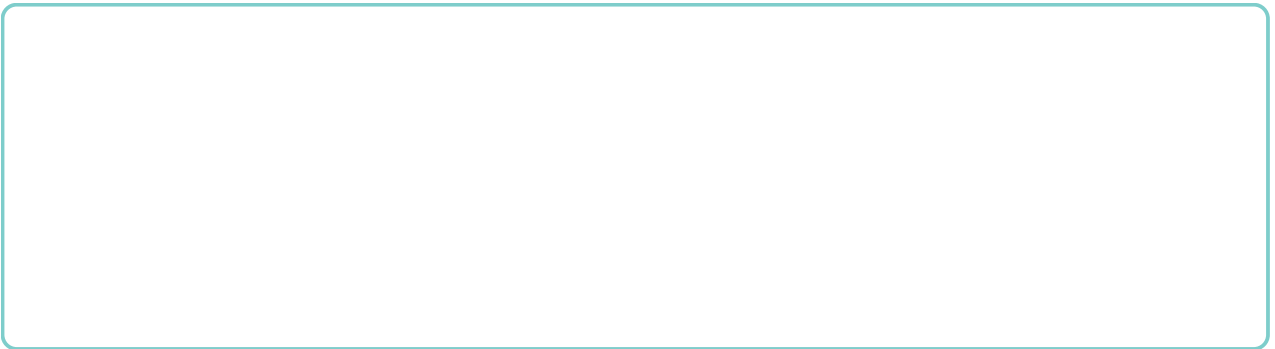
What do I most enjoy doing in my current/former position?

What brings meaning to me in my current/former position?

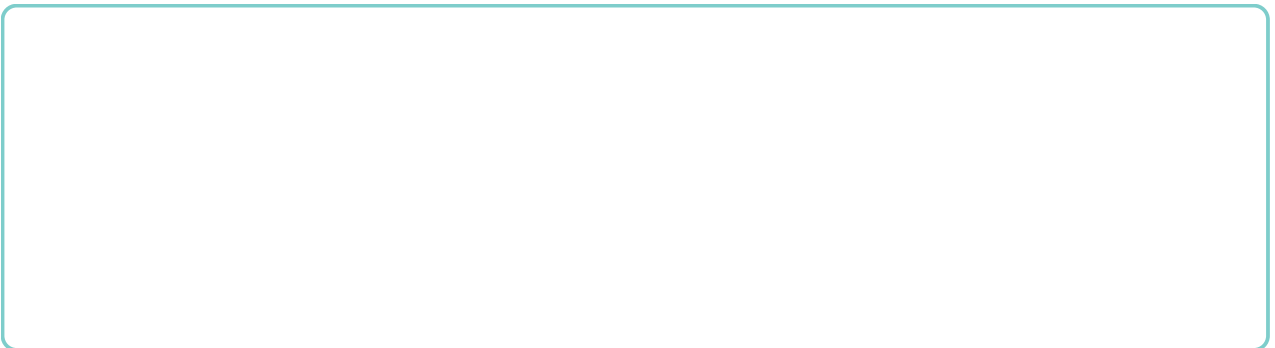
I am most inspired by:

A large, empty rectangular box with rounded corners and a thin teal border, intended for the user to write their answer to the question above.

I loose track of time when I:

A large, empty rectangular box with rounded corners and a thin teal border, intended for the user to write their answer to the question above.

The talents and skills that I most enjoy using are:

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When I was a child, I dreamed of:

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Is there an opportunity or position you turned down but loved to have said yes to it? What made you turn it down?

What is it about the position and/or duties that make me regret saying no?

The things that really excite/bring joy to me are:

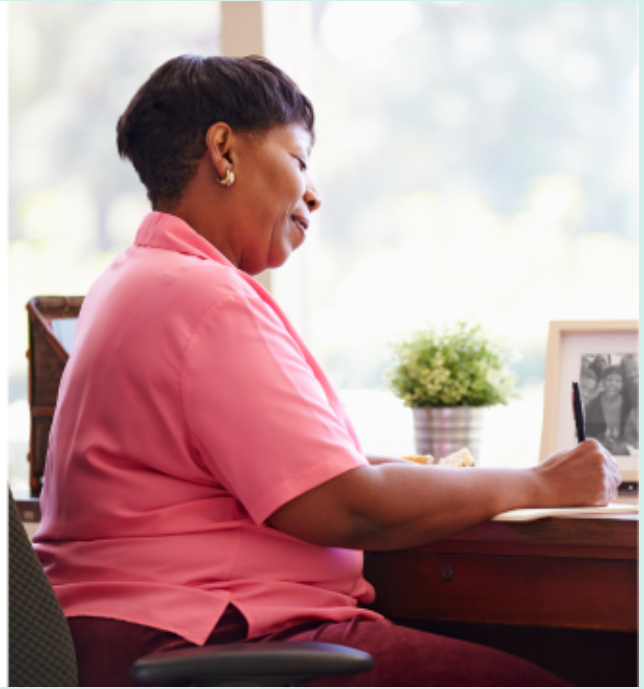
The thing(s) that I dislike /don't enjoy are:

When I was a child, I loved doing:



Purpose utilizes your talents, skills, and natural gifts. Purpose comes from the "inside of you." I like to think of purpose as that itch that never goes away. What is your purpose?





Exercise 2: Before moving on to the final section, let's review the information you wrote in Parts 1 and 2. The goal is to determine re-occurring themes, talents/skills, and natural gifts.

My re-occurring themes are:

My re-occurring **transferable** skills/talents are:

Exercise 3: Make a list of all your transferable skills and talents. This includes those used in your profession and any outside activities—for example, positions you hold in associations, clubs, etc.

Exercise 4: List the potential opportunities for your transferable skills and talents. For example: starting a business, teaching your skill to others, working for or volunteering at a non-profit organization.