

Skill Discovery Prompts

Ask yourself these questions and jot down your answers:

1. What's something you've learned to do that used to seem difficult, but now feels fun and easy?
2. Have friends, family or colleagues ever ask you to show them how to do something? What was it?
3. What do people often compliment you on? Or say you're good at?
4. What's a hobby or activity that you enjoy doing?
5. Have you solved a challenge recently? How did you do it? Is it an approach you could share with others?
6. What can you do that you know one of your friends can't?
7. If you had to give a 30-minute workshop on any topic tomorrow, what would it be?
8. What's something that's benefitted you through life, work, or passion, that others might not yet know?
9. What do you love doing that you wish more people would try or understood?
10. Complete this sentence 'If I could help someone learn one thing I know how to do, it would be...'

Was this helpful? What did you learn about yourself and your skills? Let us know!
contact@habili.club

