

Abilities

Each of us has abilities that we have discovered and learned over our lifetime.

Directions: Read through this list of abilities and check the ones that you excel at and love doing

- Adapting – The ability to adjust, change, alter, modify
- Administrating – The ability to govern, run, rule
- Analyzing – The ability to examine, investigate, probe, evaluate
- Building – The ability to construct, make, assemble
- Coaching – The ability to prepare, instruct, train, equip, develop
- Communicating – The ability to share, convey, impart
- Competing – The ability to contend, win, battle
- Computing – The ability to add, estimate, total, calculate
- Connecting – The ability to link together, involve, relate
- Consulting – The ability to advise, discuss, confer
- Cooking – The ability to prepare, serve, feed, cater
- Coordination – The ability to organize, match, harmonize
- Counseling – The ability to guide, advise, support, listen, care for
- Decorating – The ability to beautify, enhance, adorn
- Designing – The ability to draw, create, picture, outline
- Developing – The ability to expand, grow, advance, increase
- Directing – The ability to aim, oversee, manage, supervise
- Editing – The ability to correct, amend, alter, improve
- Encouraging – The ability to cheer, inspire, support
- Engineering – The ability to construct, design, plan
- Excelling – the ability to be the best and make my team the best, setting and attaining the highest standard.
- Facilitating – The ability to help, aid, assist, make possible
- Forecasting – The ability to predict, calculate, see trends, patterns, and themes
- Implementing – The ability to apply, execute, make happen

- Improving – The ability to better, enhance, further, enrich
- Influencing – The ability to affect, sway, shape, change
- Landscaping – The ability to garden, plant, improve
- Leading – The ability to pave the way, direct, excel, win
- Learning – The ability to study, gather, understand, improve, expand self
- Managing – The ability to run, handle, oversee
- Mentoring – The ability to advise, guide, teach
- Motivating – The ability to provoke, induce, prompt
- Negotiating – The ability to discuss, consult, settle
- Operating – The ability to run mechanical or technical things
- Organizing – The ability to simplify, arrange, fix, classify, coordinate
- Performing – The ability to sing, speak, dance, play an instrument, act out.
- Persevering – The ability to see things to completion, persisting at something until it is finished.
- Pioneering – The ability to bring about something new, groundbreaking, original
- Planning – The ability to arrange, map out, prepare
- Promoting – The ability to sell, sponsor, endorse, showcase
- Recruiting – The ability to draft, enlist, hire, engage
- Repairing – The ability to fix, mend, restore, heal
- Researching – The ability to seek, gather, examine, study
- Resourcing – The ability to furnish, provide, deliver
- Serving – The ability to help, assist, fulfill
- Shopping – The ability to collect, or obtain things, getting the highest quality for the best price.
- Strategizing – The ability to think ahead, calculate, scheme
- Teaching – The ability to interpret, decode, explain, speak
- Traveling – The ability to journey, visit, explore
- Visualizing – The ability to picture, imagine, envision, dream, conceptualize
- Welcoming – The ability to entertain, greet, embrace, make comfortable
- Writing – The ability to compose, create, record

Top five abilities

From list above write down your top five abilities you excel at and love doing

1.

2.

3.

4.

5.