

A Partial List of My Special Abilities, Talents, Personal Resources, and Beliefs

Name _____ Date _____

In no particular order:

- _____ ability to be resilient
- _____ ability to go with the flow
- _____ ability to live in the moment
- _____ ability to meditate and be alone
- _____ ability to stay in the here & now
- _____ ability to stay steady in a crisis
- _____ ability to detach from stressful thoughts
- _____ ability to be observant
- _____ ability to be mindful, centered
- _____ ability to tolerate stress
- _____ ability to tolerate good times without sabotaging myself
- _____ ability to be tenacious
- _____ ability to be flexible
- _____ ability to be hopeful
- _____ ability to be optimistic
- _____ a deep-seated belief in myself
- _____ ability to accept my own imperfections
- _____ ability to accept others' imperfections
- _____ ability to forgive myself
- _____ ability to forgive others
- _____ a belief that in the long run, things will work out
- _____ ability to have a good sense of the ridiculous
- _____ ability to see the big picture
- _____ ability to focus on one thing at a time
- _____ ability to focus on many things at one time
- _____ ability to rush when needed
- _____ ability to admit my faults
- _____ ability to take other peoples' perspective
- _____ ability to appreciate differences in others
- _____ ability to adjust to new situations easily
- _____ curiosity about how things work
- _____ curiosity about others
- _____ curiosity about people
- _____ ability to be curious when I am tempted to be certain
- _____ ability to be curious about people I already know well
- _____ ability to catch myself from jumping to conclusions
- _____ ability to tolerate ambiguity, the unknown
- _____ the desire to learn new things
- _____ ability to shift my point of view given new evidence
- _____ ability to appreciate other peoples' observations of me
- _____ ability to make use of feedback from others
- _____ ability to delay gratification
- _____ ability to work together with others on a team
- _____ ability to cooperate
- _____ ability to be a leader
- _____ ability to not be a leader - to let someone else lead
- _____ ability to "take time to smell the roses"
- _____ ability to reflect on my life
- _____ ability to look deep inside myself
- _____ ability to pay attention to details
- _____ ability to follow through and do what needs to be done
- _____ ability to recognize when help is needed
- _____ willingness to pitch in and help
- _____ sensitivity to others
- _____ thoughtfulness
- _____ social gracefulness
- _____ ability to be a good enough host / hostess
- _____ ability to pitch in and wash the dishes

- _____ ability to organize things
- _____ ability to organize people
- _____ ability to celebrate every day
- _____ ability to take good care of my physical health
- _____ ability to make good use of leisure time
- _____ ability to have a mission, a sense of purpose
- _____ ability to hold and live strong social values
- _____ ability to hold and live spiritual values
- _____ ability to think of larger community concerns
- _____ ability to have enthusiasm about life
- _____ ability to have passion about justice
- _____ ability to have a good sense of sensuality
- _____ ability to have a holistic sense of sexuality
- _____ an appreciation for the aesthetic, the beautiful
- _____ ability to assure, comfort others
- _____ ability to cheer people on
- _____ ability to tolerate messiness, disorderliness, chaos
- _____ ability to be responsible
- _____ ability to see the good in others
- _____ ability to be patient
- _____ ability to create beauty
- _____ ability to work hard
- _____ ability to do mundane, monotonous daily tasks
- _____ capable of being counted on in a crunch
- _____ capable of nurturing children
- _____ capable of guiding children
- _____ ability to know when to practice "tough love"
- _____ ability to be fair
- _____ ability to be loyal
- _____ ability to be a good friend
- _____ ability to establish intimate relationships
- _____ ability to keep a confidence, a secret
- _____ ability to be trustworthy
- _____ ability to be discriminating
- _____ ability to trust selectively and wisely
- _____ ability to confront others
- _____ ability to use anger appropriately to motivate change
- _____ ability to learn something from negative experiences
- _____ ability to be generous of spirit
- _____ ability to be generous of time
- _____ ability to be generous of money
- _____ ability to be street smart, to be savvy
- _____ ability to be a visionary
- _____ ability to be skeptical, to question
- _____ ability to be logical
- _____ ability to be meticulous
- _____ ability to be spontaneous
- _____ ability to be persuasive
- _____ ability to be tactful
- _____ ability to be protective
- _____ ability to be playful
- _____ ability to be independent
- _____ ability to be dependent
- _____ ability to see how things fit together

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10 Abilities I value in myself

10 Abilities I would like to develop further

Are there patterns to the abilities in each column?
If so, could you name each pattern or cluster of abilities with a unique name?
Can you provide a history of these abilities?
Who notices your abilities?
Who doesn't notice them but you wish they would?
How might you use the abilities in the left column to help master the abilities in the second column?
What abilities would you add that aren't listed on the first page?