

Strengths and Assets Shopping List

Use this list to help you identify strengths and assets as you reflect on your story. This list is referenced in the Your Story CareerCycles Handout.

Strengths are skills and knowledge you want to use. As Assets, these may be learned behaviors and additional skills you possess, though you don't want to use as much.

1. Advise
2. Analyse
3. Athletic ability
4. Budget
5. Calculate
6. Classify
7. Counsel / coach
8. Compose
9. Computer applications
10. Computer networking
11. Computer programming
12. Coordinate
13. Cultivate or grow
14. Delegate
15. Design
16. Develop programs
17. Draft
18. Draw or paint
19. Edit
20. Enforce
21. Estimate / appraise
22. Evaluate
23. Examine
24. Exhibit
25. Financial ability
26. Generate ideas
27. Influence or persuade
28. Inspect
29. Interpersonal
30. Interpret
31. Interview
32. Investigate
33. Lab techniques
34. Lead and manage
35. Listen
36. Make decisions
37. Market / business development
38. Measure
39. Monitor
40. Motivate
41. Multitask
42. Multilingual / language skills
43. Negotiate
44. Network
45. Observe
46. Operate machinery
47. Organize and plan
48. Perform
49. Prepare food
50. Present / public speaking
51. Project management
52. Promote or sell
53. Record
54. Research
55. Schedule
56. Serve / customer service
57. Solve problems
58. Strategic thinking
59. Supervise
60. Survey
61. Teach / train
62. Teamwork / work with others
63. Test
64. Translate
65. Treat / nurse
66. Work with hands
67. Write
- 68.