

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 think 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 planful
- _____ ability to be independent
- _____ ability to be dependent
- _____ ability to see how things fit together

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10 Abilities I am proud of

10 Abilities I would like to develop further
