



Identifying Your Skills Worksheet

List personal or professional accomplishments:

1. _____
2. _____
3. _____

List activities you enjoy:

1. _____
2. _____
3. _____

What are you interested in studying? Learning about?

What skills would you like to improve or enhance? What new skills would you like to develop?

List some examples of compliments you have received about yourself or your work:

1. _____
2. _____
3. _____

Based on your answers to the question above, list at least three talents or skills you possess:

1. _____
2. _____
3. _____

How do your skills apply to your current interview?

How will you tailor your answers for this interview?

What specific examples can you provide that illustrate your skills and abilities?

What do you know about your interviewer or the organization? How can your skills and abilities fill the needs expressed by your interviewer or their organization?

How can you discuss areas you have identified for personal growth in a positive way?

What strategies can you use to increase the likelihood your interviewer's perception of you is favorable?