

# Your General Abilities: Who Are You?

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- What do I think I'm especially good at?
- What would others say I'm really good at?
- Am I a natural leader? Whether yes or no, why?
- Am I particularly good at working with numbers to solve problems and make decisions?
- When I have a lot to do, am I good at setting my priorities and managing my time?
- Am I good at expressing myself both orally and in writing?
- Am I very organized in certain ways?
- Am I able to look at an issue or situation from a number of different perspectives before deciding what I think about it and what should be done?
- Am I more of a big idea person, or a details person, or both?
- Do I tend to be an effective problem -solver when faced with a challenging situation?
- Am I good at understanding how technology/mechanical things work?
- Am I good at interacting with different kinds of people?
- What are some of my most satisfying achievements, and what abilities have enabled me to accomplish them?
- Is there any area of my life where I see a lot of improvement over the last few years? What did I do to make that happen?
- What do I like best about myself?