



My abilities



You all know some things that you are good at. When you are good at something, it usually means that you gain satisfaction and enjoyment from doing it. You can further develop these abilities and apply them to your work or leisure activities.

1. Put a tick (✓) in the appropriate boxes to show how well you do these things.

Activities	Very good	Good	Not so good
Planning social activities			
Playing sport			
Gardening			
Writing stories, poems or plays			
Making friends			
Working with machines and equipment			
Remembering things			
Maths			
Playing a musical instrument			
Being responsible			
Learning new work			
Talking to people			
Fixing machines			
Being a team leader			
Cooking food			
Listening to others			
Working as part of a team			
Following directions			
Bushwalking			
Being friendly			
Speaking in front of people			
Working without supervision			
Designing things			
Drawing, painting or ceramics			
Lifting heavy objects			
Working with animals			
Solving puzzles or computer games			
Photography			
Keeping fit and healthy			
Selling things			
Being honest			
Promoting activities and events			



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2. *Other things I am good at are:*



3. *Some of the things I am not very good at from the previous list are:*

3a. *Ways that I could deal with these things are:*



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Abilities can be divided into different groups. One way of looking at your abilities is in terms of the following seven categories used in the *Job Guide*: Analytic or Scientific, Creative or Artistic, Helping or Advising, Nature or Recreation, Organising or Clerical, Persuading or Service, Practical or Mechanical.

4. Now, under the headings below, list the activities from the last table that you are good/very good at under the appropriate headings.

Analytic or Scientific

Creative or Artistic

Helping or Advising

Nature or Recreation

Organising or Clerical

Persuading or Service

Practical or Mechanical
