

EVALUATE AND RANK YOUR ABILITIES AND TALENTS

Business ideas based your on talents abilities

Since you're not necessarily interested in everything you're good at, and you're not necessarily skilled in everything that interests you, it's important to consider both interests and real skill sets.

When examining your experiences and abilities, don't focus only on work-related experience. Include skills you've developed as a volunteer or helping a family member or friend, or from hobbies or pastimes.

Think also of those talents or abilities you somehow "just have." Perhaps you're really good at managing money. How did you get that skill? It's not a talent everyone has, and it can be a big help in running a business!



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ABILITIES AND TALENTS BRAINSTORMING EXERCISE

Consider the entire range of skills and talents you have as a result of:

Your current job:
Previous jobs/work experience:
Volunteer experience:
Hobbies:
Education/school/classes:
Any kind of training:
Certifications/licenses:
Natural talents and abilities:
Type of skills you learn quickly:
Things you're just good at:
Things other people think you're good at:

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ABILITIES INVENTORY

Use this worksheet to catalog your abilities, past and present. Think about your level of actual experience and expertise in each area. Also consider how your ability could be applied to business ideas that interest you.

Rate your interest level on a scale of one to five.

Interest Area	Your Interest Level (circle)	Details About Your Interest
Accounting	1 2 3 4 5	
Advertising, Marketing	1 2 3 4 5	
Agriculture	1 2 3 4 5	
Air & Space, Aeronautics	1 2 3 4 5	
Alternative Health Care	1 2 3 4 5	
Animals/Pets	1 2 3 4 5	
Antiques/Collectibles	1 2 3 4 5	
Architecture/Historic Preservation	1 2 3 4 5	
Art Collecting	1 2 3 4 5	
Arts & Crafts	1 2 3 4 5	
Automotive/Motorcycle/Transportation	1 2 3 4 5	
Beauty/Hair/Cosmetics	1 2 3 4 5	
Boats, Sailing	1 2 3 4 5	
Business Services	1 2 3 4 5	
Buying & Selling	1 2 3 4 5	
Children/Teenagers	1 2 3 4 5	
Community Services	1 2 3 4 5	
Construction	1 2 3 4 5	
Counseling/Therapy	1 2 3 4 5	
Design/Graphics	1 2 3 4 5	
Education/Teaching	1 2 3 4 5	
Electronics	1 2 3 4 5	
Engineering/Science	1 2 3 4 5	
Entertaining/Social Life/Dating	1 2 3 4 5	
Environment	1 2 3 4 5	
Fashion, Design, Apparel	1 2 3 4 5	
Financial Management	1 2 3 4 5	

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Interest Area	Your Interest Level (circle)	Details About Your Interest
Food	1 2 3 4 5	
Gardening/Horticulture	1 2 3 4 5	
Genealogy	1 2 3 4 5	
Healthcare/Wellness	1 2 3 4 5	
Home Decorating	1 2 3 4 5	
Home Improvement	1 2 3 4 5	
Inventing	1 2 3 4 5	
Investing	1 2 3 4 5	
Jewelry	1 2 3 4 5	
Languages	1 2 3 4 5	
Law Enforcement	1 2 3 4 5	
Media & Publishing	1 2 3 4 5	
Music	1 2 3 4 5	
New Age	1 2 3 4 5	
Outdoors	1 2 3 4 5	
Performing Arts	1 2 3 4 5	
Personal Services	1 2 3 4 5	
Politics, Legislation, International Issues	1 2 3 4 5	
Public Speaking	1 2 3 4 5	
Ranching	1 2 3 4 5	
Real Estate	1 2 3 4 5	
Retail, shopping	1 2 3 4 5	
Sales	1 2 3 4 5	
Science	1 2 3 4 5	
Religion	1 2 3 4 5	
Sports, Recreation	1 2 3 4 5	
Technology	1 2 3 4 5	
Travel	1 2 3 4 5	



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