

RIGHT ON AND NO WAY!

Name: _____

Date: _____

Part 1

Directions: Write a \checkmark next to the activities that you like. Write an X next to the activities that you do not like.



\checkmark = Right On!

X = No way!



- Camping
- Hiking
- Horseback Riding
- Swimming
- Walking
- Jogging
- Riding Bicycles
- Golfing
- Tennis
- Baseball
- Football
- Soccer
- Hockey
- Fishing
- Car Racing
- Having Pets
- Going to Church
- Babysitting

- Baking
- Cooking: _____
- Ice Skating
- Roller Skating
- Gymnastics
- Chess/Checkers
- Playing Cards
- Collecting Things (stamps, coins, dolls)
- Sewing
- Painting
- Pottery
- Gardening
- Watching TV/Movies
- Singing
- Dancing
- Writing stories/songs/poems
- Visiting with friends
- Hair Care and Make-up

Circle Three (3) of the things you like the most and then on a separate piece of paper give me specific reasons why you like them the most.

WHAT I HAVE TO OFFER



What I Know.. Gift Of My Mind



What I Can Do... Gift Of My Hands



What I Care About... Gift Of My Heart

PERSONAL STRENGTHS



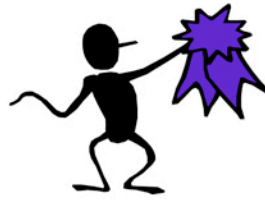
Part 3

Directions: Put a check (✓) next to any sentence that describes you. When you've finished put a star (*) next to the 3 sentences that best describe you.

- | | |
|---|--|
| <input type="checkbox"/> I'm reliable. | <input type="checkbox"/> I'm energetic. |
| <input type="checkbox"/> I'm friendly. | <input type="checkbox"/> I'm a good listener. |
| <input type="checkbox"/> I'm easy to get along with. | <input type="checkbox"/> I'm polite. |
| <input type="checkbox"/> I try to follow instructions. | <input type="checkbox"/> I'm honest. |
| <input type="checkbox"/> I like to do things with others. | <input type="checkbox"/> I'm hard-working. |
| <input type="checkbox"/> I like to do things on my own. | <input type="checkbox"/> I'm usually on time. |
| <input type="checkbox"/> I like to help other people. | <input type="checkbox"/> I'm serious. |
| <input type="checkbox"/> I like to keep things neat and organized. | <input type="checkbox"/> I'm generous. |
| <input type="checkbox"/> I like to have a good time. | <input type="checkbox"/> I'm proud of myself. |
| <input type="checkbox"/> I don't brag too much. | <input type="checkbox"/> I can keep a secret. |
| <input type="checkbox"/> I stick with things 'til they get done. | <input type="checkbox"/> I'm a good friend. |
| <input type="checkbox"/> I can work out my problems on my own. | <input type="checkbox"/> I'm a good student. |
| <input type="checkbox"/> I ask others for help when I need it. | <input type="checkbox"/> I'm musical. |
| <input type="checkbox"/> I can help others work out their problems. | <input type="checkbox"/> I'm artistic. |
| <input type="checkbox"/> I'm good with mechanical things. | <input type="checkbox"/> I'm creative. |
| <input type="checkbox"/> I have good common sense. | <input type="checkbox"/> I'm good with words. |
| | <input type="checkbox"/> I can "get to the heart of things". |
| | <input type="checkbox"/> I'm good with my hands. |

On a separate piece of paper give me a specific example of how you accomplished each of the three (3) personal strengths that you starred above.

THINGS THAT MAKE YOU SPECIAL



Part 4

List 25 things that make you special.

You might want to think about:

Your strengths

1. Things you know how to do well (your abilities/skills)
2. Things you enjoy doing
3. Things you have done of which you are proud
4. Your talents
5. Important things you have learned
6. Positive things about your personality

REMEMBER: YOU MUST HAVE 25 ITEMS ON YOUR LIST!

1. _____	14. _____
2. _____	15. _____
3. _____	16. _____
4. _____	17. _____
5. _____	18. _____
6. _____	19. _____
7. _____	20. _____
8. _____	21. _____
9. _____	22. _____
10. _____	23. _____
11. _____	24. _____
12. _____	25. _____
13. _____	

Part 5

For each of the following areas circle the area of strength you think applies to you.

Mental Abilities

- Writing
- Reading
- Mathematics
- Foreign language skills
- Problem solving
- Complex thinking (ability to see a situation from many perspectives; to see the shades of gray between black and white)
- Abstract thinking (ability to see patterns and relationships; to see broad, overarching categories)
- Planning
- Understanding
- Teaching
- Computer skills
- Memory

Physical Abilities (General Abilities)

- Stamina/endurance
- Tolerance of pain
- Dexterity
- Upper body/lower body strength
- Quick reflexes
- Flexibility
- Eye-hand coordination
- Overall coordination of body
- Balance



Abilities in Specific Sports

- Basketball
- Baseball
- Football
- Tennis
- Swimming
- Track and field
- Weight lifting
- Aerobics
- Dancing
- Rugby
- Lacrosse
- Skiing (Downhill/Cross –country)
- Kayaking
- Sailing
- Fishing
- Volleyball
- Racquetball
- Hiking
- Mountain climbing
- Flying a plane
- Riflery
- Archery

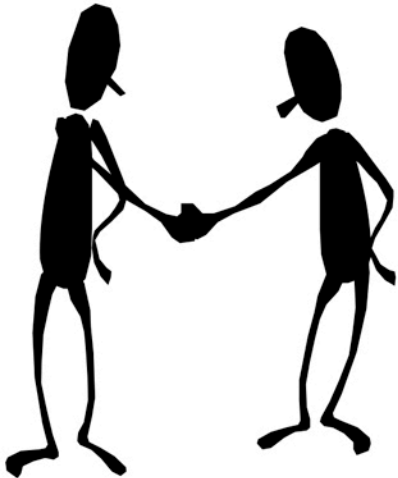
Personal Qualities

- Honest
- Dependable
- Sense of humor
- Caring
- Thoughtful
- Responsible
- Charitable
- Gentle
- Kind
- Self-confident
- Accepting of others
- Organized
- Patient
- Even-tempered
- Fun to be with
- Up-beat personality

STRENGTHS *(continued)*

Interpersonal Abilities

- Listening to others
- Sharing feelings with others
- Standing up for yourself
- Seeing where help is needed
- Putting others at ease
- Tactfulness
- Persuasiveness
- Comforting others
- Giving your time
- Giving your talent
- Giving your money
- Other



Specific Skills and Talents

- Telephoning
- Music (instrument, vocal, composing)
- Needlework
- Sewing
- Knitting
- Cross stitch
- Embroidery
- Gardening
- Raising Pets
- Computer games
- Collecting
- Telephoning
- Rocketry
- Photography
- Ham radio operating
- Model building
- Jewelry making
- Art
- Painting
- Sculpting
- Cartooning
- Calligraphy
- Chess
- Auto mechanics
- Other

On a separate piece of paper pick one strength from each of the sections and tell me how you could use that strength to help other people.

Part 6

SKILLS



Directions:

Put a check (✓) next to all the things you are good at.
Then put a star (*) next to the 3 things you do best.

I'm good at:

- _____ Taking care of other people
- _____ Dealing with the public
- _____ Organizing things
- _____ Making change
- _____ Typing/filing
- _____ Answering phones
- _____ Using a computer
- _____ Waiting on tables
- _____ Construction/carpentry
- _____ Housepainting
- _____ Operating machines or tools
- _____ Fixing machines
- _____ Welding
- _____ Fixing cars
- _____ Logging
- _____ Gardening
- _____ Yard work

- _____ Reading
- _____ Writing
- _____ Math
- _____ Science
- _____ Social studies
- _____ Art
- _____ Sports
- _____ Music
- _____ Teaching
- _____ Babysitting
- _____ Cooking
- _____ Sewing or knitting
- _____ Cleaning
- _____ Hairdressing
- _____ Driving
- _____ Farming

On a separate piece of paper tell me how you could use each of the three things you do best to help others. Remember to give me specific examples.

Part 7

For each of the following Challenges circle the ones that you think apply to you. Once you have done that on a separate piece of paper pick two (2) of the challenges from each section and tell me how you think you might overcome them.

Social

- Relating to others
- Being at ease with others
- Introducing yourself and others
- Making others feel welcome
- Making others feel comfortable
- Carrying on a conversation
- Listening to others
- Helping others
- Sharing feelings
- Being dependable
- Standing up for yourself
- Taking on responsibility
- Seeing others' viewpoints
- Asking for help when necessary
- Other...

Physical

- Watching weight
- Exercising
- Strengthening
- Keeping in shape
- Not over-doing
- Personal hygiene
- Healthy diet
- Sticking to medical schedule (injections, pills if needed)
- Other...

Personal Development

- Having a sense of who you are
- Feeling good about yourself
- Forgiving yourself when necessary
- Accepting yourself
- Allowing yourself to be who you are Taking risks
- Taking care of yourself
- Taking responsibility
- Sticking to your principles
- Setting realistic goals
- Other...

