



NATURAL TALENTS QUESTIONNAIRE

WHAT ARE YOUR NATURAL SKILLS AND TALENTS, WHAT YOU WERE BORN WITH?



Complete the questions below yourself and be really honest. Once you've finished ask a number of people to fill it in for you and then share it with you - friends, family, teachers and/or team mates. Are the results similar? If not, why not? Who is right? Think about it and talk about it.

1. What have you always found easy to do? Think about school, at home, with your family, at work and socially?
Make a note of everything you can think of.
2. What do you enjoy doing?
Make a note of everything you can think of.
3. What do you find difficult that seems to come easily to other people?
Make a note of everything you can think of.
4. Would you rather spend your time with people or things?
5. What do you find more rewarding, winning/achieving a goal or taking part?
6. Do you enjoy solving problems or would you prefer to avoid them?
7. Would you rather solve a problem by yourself or with other people?
8. Do you enjoy coming up with new ideas or different ways of doing things?
9. Do you need things to be clearcut, black and white, or are you happy working with possibilities and abstracts?
10. Do you enjoy finding connections where they've not been seen before? Do you like analysing issues or solving logical puzzles?
11. Do you use your gut feelings and intuition?
12. Are you a quick thinker?
13. Would you rather think or do?
14. Do you enjoy working with detail, ensuring every last "I" is dotted, or do you tend to focus on the big picture?
15. When making a decision can you imagine how people will feel or are you more likely to analyse the logical consequences of a decision?
17. Do you have any artistic abilities (music, art, writing)?
18. Do you prefer to be organised or live in a more spontaneous way?

Now:

List your top 5 skills and talents:

1.	
2.	
3.	
4.	
5.	

How do you know these are your top 5 skills and talents?

1. Think of specific situations where you've used each of these skills?
2. What happened, why did you need to use your skills?
3. What did you do?
4. What was the result?

Think of examples from anywhere.

Well done, you've already started preparing for interviews!

Now you're armed with some information which will help you make decisions about potential jobs and careers.