

## 🔗 My Strengths Worksheet

**Step One:** List four things that you enjoy doing and that you also do well:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Step Two:** Which of these four things do you think you do the best? (This is your number one strength.)

\_\_\_\_\_

**Step Three:** What kind of job do you think you could get using your number one strength?

\_\_\_\_\_

Why?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Success Traits



**Enthusiasm**



**Reliability**



**Self-respect**



**Honesty**



**Punctuality**



**Courteousness**



**Accuracy**



**Empathy**



**Initiative**



**Independence**

## Strengths Survey Worksheet

Ask your family and friends: “What things do you think I do well?” Write their answers in the space below. When you are finished, look to see if more than one person mentioned the same strength. If so, this may be your number one strength right now and may help you be successful in a career later in your life.

Name of Person	Your Strengths

## ➤ Aptitude Inventory Worksheet (Page 1 of 2)

To choose a career, you have to know your aptitudes. An aptitude is a strength or talent. For example, you may be a good ball player. This means playing ball is a strength and a talent you have. As you read through the list, circle one of the letters in each statement that best describes you.

1. A. I'm not afraid to talk in front of a class.  
B. I like to take things apart to see how they work.  
C. I keep up with the latest fashions.  
D. I'm always offering advice to my friends.  
E. Math is my favorite subject.  
F. I enjoy sports.
2. A. I talk on the phone a lot.  
B. I like finding out about how things were invented.  
C. Music is very important to me.  
D. I'm not shy about speaking my mind.  
E. I like to play dominos or checkers.  
F. I know how to use tools.
3. A. I enjoy explaining things.  
B. My favorite TV shows are about science or nature.  
C. I'd rather make a birthday card than buy one.  
D. I hate to sit still.  
E. I'm very careful about all of my things.  
F. I'd rather be outside than inside.
4. A. I eat healthy food and exercise as much as possible.  
B. I'm interested in plants and animals.  
C. I really like art class.  
D. I'd rather work with a group than work alone.  
E. I like going to natural history museums.  
F. I enjoy working with my hands.
5. A. I like to help people.  
B. I'm curious about a lot of things.  
C. I keep a diary.  
D. I like being a team leader.  
E. I'm shy about speaking in a group.  
F. I'd rather move around than sit and watch TV.

## 🔗 Aptitude Inventory Worksheet (Page 2 of 2)

Enter the number of each letter you have circled:

A's \_\_\_\_\_ B's \_\_\_\_\_ C's \_\_\_\_\_ D's \_\_\_\_\_ E's \_\_\_\_\_ F's \_\_\_\_\_

If you have a score of three or more next to a letter, you might be interested in the careers listed next to the corresponding letter below, or in starting a business that would require similar talents and interests. If you did not score three in any one category, that just means your talents and interests are still developing. Try to be more conscious of your interests and aptitudes as you do schoolwork, spend free time, or hang out with your friends.

**A:** You are interested in people and their problems. Maybe you could do some babysitting or volunteer work. You would probably enjoy helping others.

Examples:      Doctor                                  Social Worker                  Teacher  
                          Day-Care Center Owner                  Nurse                                  Therapist/Counselor

**B:** You are curious about how things work. Your curiosity could lead you to a career or business that requires problem-solving.

Examples:      Scientist                                  Market Researcher                  Detective  
                          Engineer                                  Financial Analyst                  Mechanic

**C:** You are interested in what makes you tick and in expressing your feelings through art or music. You might like creative work.

Examples:      Cartoonist                                  Musician                                  Photographer  
                          Graphic Artist                                  Advertising Executive                  Architect

**D:** You are outgoing and like to get people to work together. You might like a career that involves persuading, leading, or directing others.

Examples:      Salesperson                                  Lawyer                                  Politician  
                          School Principal                                  Restaurant Owner                  Coach

**E:** You are attracted to school subjects and hobbies that require logical thinking. Work involving attention to detail and organizational skills might be attractive to you.

Examples:      Accountant                                  Banker                                  Laboratory Worker  
                          Chemist                                  Secretary                                  Weather Forecaster

**F:** You like to be physically active. Your hobbies might include building things or gardening. You might want to explore a career that would involve working with your hands.

Examples:      Carpenter                                  Gardener                                  Contractor  
                          Archaeologist                                  Surgeon                                  Veterinarian