“Satisfactions” You Need

Put a ✓ in the box beside each statement that would bring you satisfaction right now.

- Feeling important
- Working with words
- Being told what to do
- Feeling enthusiastic
- Releasing energy through activity
- Being treated like a person
- Working with numbers
- Getting attention
- Doing routine work
- Being a member of a group
- Having responsibility
- Working slowly
- Helping other people
- Being challenged intellectually
- Feeling sure of keeping your job
- Working with your hands
- Feeling proud of yourself
- Knowing why you’re doing something
- Being liked by co-workers
- Achieving your ambition
- Working with things
- Being judged fairly
- Competing with others
- Feeling self-confident
- Doing precise work
- Becoming well known
- Exercising leadership
- Feeling suited to your work
- Running occasional risks
- Being creative or original
- Influencing people
- Moving about at your work
- Feeling morally worthy
- Eating good food
- Liking your co-workers
- Seeing the product of your work
- Having time and energy for other activities
- Feeling independent
- Always knowing what’s next
- Dealing with people
- Being able to express your ideas
- Feeling safe from accidents
- Making your family proud of you
- Traveling as part of your work
- Not having responsibility
- Doing things skillfully
- Talking to co-workers
- Doing an honest day’s work
- Talking to others
- Encountering unexpected tasks
- Feeling part of something big
- Having convenient working hours
- Doing things on your own
- Mastering an area of knowledge
- Feeling loyal to others
- Doing a variety of things
- Being promoted
- Working in pleasant surroundings
- Having authority over others
- Doing work of value to society
- Using your capabilities
- Sensing order in your life
- Telling others what to do
- Liking the work you do
- Being with other people
- Dealing with ideas
- Feeling useful and needed
- Enjoying daily accomplishments
- Doing things others can’t do
- Working by yourself
- Having your work praised
- Working fast

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Skills Identification

Check the skills you possess. Add any other skills you have.

Transferable Skills

☐ fixing
☐ observing
☐ lifting
☐ creating
☐ driving
☐ figuring
☐ inspecting
☐ planning
☐ interpreting
☐ comparing

☐ teaching
☐ remembering
☐ listening
☐ packaging
☐ predicting
☐ solving problems
☐ typing
☐ persuading
☐ directing
☐ painting

☐ leading others
☐ writing
☐ critical thinking
☐ math skills
☐ anticipating problems
☐ communicating
☐ making decisions
☐ speaking in public
☐ organizing
☐ researching

Other __________________________

Other __________________________

Technical/Specific Skills

☐ computer skills
☐ welding
☐ feeding animals
☐ cooking meals
☐ processing X rays
☐ plastering walls

☐ cutting glass
☐ fitting eyeglasses
☐ helping patients
☐ roofing
☐ installing carpets
☐ arranging flowers

☐ driving a backhoe
☐ recording sounds
☐ testing water purity
☐ trimming trees
☐ reading blueprints

Other __________________________

Other __________________________

Personal Skills/Traits

☐ honest
☐ careful
☐ dependable
☐ punctual
☐ orderly
☐ polite
☐ energetic
☐ loyal
☐ hard working

☐ competitive
☐ persistent
☐ friendly
☐ mature
☐ positive
☐ self-starter
☐ quiet
☐ cooperative
☐ discreet

☐ tactful
☐ assertive
☐ outgoing
☐ fast learner
☐ positive attitude
☐ interested in work
☐ neat appearance
☐ motivated
☐ self-promoting

Other __________________________

Other __________________________