

"SHOPPING LIST" OF TRANSFERABLE SKILLS

Check column A if you want to pick up this skill from scratch.

Check column B if you want to polish up this skill.

Check column C if you have this skill, it is current and wish to use it.

Check column D if you have this skill, but don't want to use it any longer.

A. Using My Hands

A B C D

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|---|------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1. | ASSEMBLING | kits, bicycles, models, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2. | CONSTRUCTING | carpentry, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3. | or BUILDING | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4. | OPERATING TOOLS | drills, mixers, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5. | or MACHINERY | sewing machines, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6. | or EQUIPMENT | trucks, station-wagons, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 7. | SHOWING MANUAL or
FINGER DEXTERITY | with throwing, sewing, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 8. | HANDLING WITH PRECISION
and/or SPEED | an assembly line, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 9. | FIXING OR REPAIRING | autos or mending, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 10. | OTHER | |

B. Using My Body

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|---------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 11. | MUSCULAR COORDINATION | skiing, gymnastics, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 12. | BEING PHYSICALLY ACTIVE | exercising, hiking, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 13. | DOING OUTDOOR ACTIVITITES | camping, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 14. | OTHER | |

C. Using Words

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|--------------------------|---------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 15. | READING | books, with understanding |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 16. | COPYING | manuscripts, skillfully |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 17. | WRITING or COMMUNICATING | letters, interestingly |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 18. | TALKING or SPEAKING | front of groups, with animation |

A B C D

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|--------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 19. | TEACHING, TRAINING | in front of groups, with animation |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 20. | EDITING | in improving a child's sentences in an essay, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 21. | MEMORY FOR WORDS | remembering people's names, book titles, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 22. | OTHER | |

D. Using My Senses
(Eyes, Ears, Nose, Taste or Touch)

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|-----------------------------|---------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 23. | OBSERVING, SURVEYING | watching something with the eyes, etc |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 24. | EXAMINING or INSPECTING | looking at a child's bumps, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 25. | DIAGNOSING, DETERMINING | deciding if food is cooked yet |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 26. | SHOWING ATTENTION TO DETAIL | shop, in sewing, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 27. | OTHER | |

E. Using Numbers

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|---|-------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 28. | TAKING INVENTORY | in the pantry, shop, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 29. | COUNTING | in a classroom, bureau drawers |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 30. | CALCULATING, COMPUTING | in a checkbook, arithmetic |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 31. | KEEPING FINANCIAL RECORDS,
BOOKKEEPING | with a budget, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 32. | MANAGING MONEY | checking account, bank, store, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 33. | DEVELOPING A BUDGET | for a family, or project etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 34. | NUMBER MEMORY | as with telephone numbers, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 35. | RAPID MANIPULATION OF NUMBERS | doing arithmetic in the head |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 36. | OTHER | |

A B C D

F. Using Intuition

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|--|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 37. | SHOWING FORESIGHT | planning ahead, predicting consequences, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 38. | QUICKLY SIZING UP A PERSON or SITUATION ACCURATELY | everything, rather than just one or two details about them, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 39. | HAVING INSIGHT | why people act the way they, etc |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 40. | ACTING ON GUT REACTIONS | as in making decisions, deciding to trust someone, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 41. | ABILITY TO VISUALIZE THIRD-DIMENSION | as in drawings, models, blueprints, memory for faces, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 42. | OTHER | |

G. Using Analytical Thinking

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|--|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 43. | RESEARCHING, INFORMATION GATHERING | finding out where a particular street is in a strange city |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 44. | ANALYZING, DISSECTING | As with the ingredients in a recipe, material, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 45. | ORGANIZING, CLASSIFYING | as with laundry, etc |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 46. | PROBLEM SOLVING | figuring out how to get to a place, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 47. | SEPARATING IMPORTANT FROM UNIMPORTANT | with complaints, or tasks. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 48. | DIAGNOSING | cause and effect relations, tracing problems to sources |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 49. | SYSTEMATIZING, PUTTING THINGS IN ORDER | laying out tools or utensils in the order you will be using them. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 50. | COMPARING, PERCEIVING SIMILARITIES | with different brands in the supermarket, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 51. | TESTING, SCREENING | with cooking, deciding what to wear, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 52. | REVIEWING, EVALUATIONS | deciding what is the best buy. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 53. | OTHER | |

A B C D

H. Using Originality or Creativity

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 54. | SHOWING FORESIGHT | figuring out new ways to do things, or making up stories. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 55. | INVENTING, CREATING | with processes, products, figures, words, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 56. | DESIGNING, DEVELOPING | new recipes, gadgets |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 57. | IMPROVISING, EXPERIMENTS | as in camping, when you've left some of the equipment home |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 58. | ADAPTING, IMPROVING | as with something that doesn't work |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 59. | OTHER | |

I. Using Helpfulness

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|---------------------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 60. | HELPING, BEING OF SERVICE | when someone is in need, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 61. | SHOWING SENSITIVITY TO OTHERS FEELING | in a discussion, argument |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 62. | LISTENING | Hearing with out opinion |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 63. | DEVELOPING RAPPORT | with someone who is initially a stranger, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 64. | CONVEYING WARMTH, CARING | with someone who is upset, ill |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 65. | UNDERSTANDING | when someone tells how they feel, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 66. | DRAWING OUT PEOPLE | when someone is reluctant to talk, share |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 67. | OFFERING SUPPORT | when someone is facing a difficulty alone, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 68. | DEMONSTRATING EMPATHY | as in weeping with those who weep |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 69. | REPRESENTING OTHERS WISHES ACCURATELY | one parent tells the other what their child wants, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 70. | MOTIVATING | getting people past hang-ups, and into action, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 71. | SHARING CREDIT, APPRECIATION | as when working in teams, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 72. | RAISING OTHERS' SELF-ESTEEM | when you make someone feel better, less guilty. |

- | A | B | C | D | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|---------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 73. | HEALING, CURING | with physical, emotional and spiritual ailments, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 74. | COUNSELING, GUIDING | Advice when someone doesn't know what to do, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 75. | OTHER | |

J. Using Artistic Abilities

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|---|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 76. | COMPOSING MUSIC | On sheet paper |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 77. | PLAYING (A) MUSICAL INSTRUMENTS
(B) SINGING | Reading music and performing |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 78. | FASHIONING, OR SHAPING THINGS,
MATERIALS | as in handicrafts, sculpturing,
etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 79. | DEALING CREATIVELY WITH SYMBOLS OR
IMAGES | as in stained glass, jewelry.. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 80. | DEALING CREATIVELY WITH SPACES,
SHAPES, OR FACES | as in photography, art,
architectural design, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 81. | DEALING CREATIVELY WITH COLORS | painting, decorating, making
clothes, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 82. | CONVEYING FEELINGS AND THOUGHTS
BODY, FACE AND/OR VOICE TONE | as in acting, public speaking,
teaching, dancing, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 83. | CONVEYING FEELINGS AND THOUGHTS
THROUGH DRAWING, PAINTING | as in art, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 84. | USING WORDS ON A VERY HIGH LEVEL | as in poetry, playwriting,
novels, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 85. | OTHER | |

A B C D

K. Using Leadership, Being Up Front

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|-----|---|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 86. | BEGINNING NEW TASKS, IDEAS, PROJECTS | starting a group, initiating a clothing drive, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 87. | TAKING FIRST MOVE IN RELATIONSHIPS | as with stranger on bus, plane, train, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 88. | ORGANIZING | as with a Scout troop, a team a game at a picnic, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 89. | LEADING, DIRECTING OTHERS | as with a field trip, cheerleading, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 90. | PROMOTING CHANGE | as in a family, community, organization, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 91. | MAKING DECISIONS | as in places where decisions affect others, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 92. | TAKING RISKS | sticking up for someone in a fight, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 93. | GETTING UP BEFORE A GROUP, PERFORMING | as in demonstrating a product, lecturing, making people laugh, entertaining, public speaking, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 94. | SELLING, PROMOTING, NEGOTIATING, PERSUADING | as with a product, idea, materials, in a garage sale, argument, recruiting, changing someone's mind, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 95. | OTHER | |

L. Using Follow-Through

- | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|------|--|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 96. | USING WHAT OTHERS HAVE DEVELOPED | as in working with a kit, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 97. | FOLLOWING THROUGH ON PLANS, INSTRUCTIONS | as in picking up children on schedule, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 98. | ATTENDING TO DETAILS | as with embroidering a design on a article of clothing, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 99. | CLASSIFYING, RECORDING, FILING, RETRIEVING | data, materials, letters, ideas, information, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 100. | OTHER | |

As a part of making this information more useful to you, ask yourself the following questions:

- 1. What have you learned about yourself ?**
- 2. What skills do you have, but don't want to use?**
- 3. What observations have you made about yourself as you went through this exercise? What messages did you find yourself saying to yourself? ("I can", "I can't"... "I will", "I have")**
- 4. What skills do you most want to develop? Where or how can you develop those skills?**

... End.