Put a CIRCLE around the skills/characteristics you're already good at.

Put a RECTANGLE around the skills/characteristics you'd like to improve.

Researching	Levelheadedness (Staying calm under pressure)
Conflict resolution	Appreciating good design
Meeting deadlines	Listening closely
Learning new things	Brainstorming (Coming up with ideas)
Searching for answers to your questions	Assertiveness (Advocating for your ideas politely)
Troubleshooting (Figuring out why something broke)	Understanding complex concepts
Creativity	Critically reading articles and blog/forum posts
Explaining concepts clearly	Sense of humor
Organizing information	Patience
Persuasion	Determination
Answering other people's questions effectively	Doing the right thing
Communicating clearly face-to-face	Advocating for others' good ideas
Communicating clearly via written communication	Adaptability (Adjusting to new things)
Communicating via presentations	Teamwork
Empathy (Putting myself in other people's shoes)	Sense of adventure

Willingness to take risks