

Skills Discovery Worksheet

Directions: This worksheet is designed to help you discover your skills. Begin by answering the questions. Finally, list skills that appear multiple times in the Multiple Mentions section.

Questions	Answers
What did you focus on in your education?	
What careers were you exposed to growing up?	
Who have your mentors been? What did they do for a career?	
What positions have you held in the past?	
What do you study or read about in your spare time?	
What additional training have you received?	

Multiple Mentions:

- 1.
- 2.
- 3.
- 4.
- 5.