

Ability ExplorerTM

Third Edition

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Name _____ Date _____

Knowing about your abilities can help you make the most of them when planning for your future. People are usually happiest and most productive when they use their strongest abilities. The *Ability Explorer* helps you discover which abilities are your best ones. It then connects your top abilities to potential careers. The *Ability Explorer* is not a test, and there are no right or wrong answers. You should answer based on what is true for you.

STEP 1 Rate Your Abilities

The *Ability Explorer* has 120 statements that describe activities. Read each statement carefully. Then think about how good you are at doing the activity or how well you think you *could* do the activity if given the chance. In the empty box next to the statement, write the number that best describes your answer.

- ◆ If you are **very good** at doing the activity or think you would be **very good** at it, write the number **6**.
- ◆ If you are **good** at doing the activity or think you would be **good** at it, write the number **5**.
- ◆ If you do the activity **a little above average** or think you would be able to do it **a little above average**, write the number **4**.
- ◆ If you do the activity **a little below average** or think you would do it **a little below average**, write the number **3**.
- ◆ If you are **poor** at doing the activity or think you would be **poor** at doing it, write the number **2**.
- ◆ If you are **very poor** at doing the activity or think you would be **very poor** at doing it, write the number **1**.

In the example below, the person responding to the statement thinks that he or she would be **good** at doing the activity listed.

Example:

6 = very good 5 = good 4 = little above average 3 = little below average 2 = poor 1 = very poor

Using athletic skills in a game _____ 5

Now respond to all 120 statements to complete Step 1. You will score your answers as you complete each page.