

## Skills and Abilities worksheet

My work skills are...

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### What skills do I have?

Look through these lists – you might be surprised at just how many skills and personal qualities you have that could be important to an employer. Your skills could come from:

- attending school or training courses
- any type of job, including charity work
- projects at home or in the community
- running a home or looking after people
- making or fixing things and solving problems

### Work skills – have you ever...

Built something

