Transferable and motivational skills inventory

- List your key transferable skills from the list of transferable skills (doc)
- Give yourself a rating from 1 to 5 on Competence as this highlights your skills strengths
- Give yourself a rating from 1 to 5 on Motivation, which is enjoyment in using that skill
- Write down a demonstrated example which is your evidence. Make it specific and quantifiable

SKILL	Competence (transferable)	Motivation (level of enjoyment)	Demonstrated examples of this skill and achievements where this skill was particularly used