Skills & Abilities
What are you good at doing?

- Problem solving
- Attention to detail
- Building relationships
- Counseling or advising
- Training or coaching
- Raising awareness
- Resolving conflicts
- Motivating others
- Making decisions
- Event planning
- Customer service
- Communicating
- Building things
- Data analysis
- Encouragement
- Leadership
- Public Speaking
- Creating
- Editing
- Teaching
- Design
- Organizing
- Fundraising
- Teamwork
- Languages
- Listening
- Research
- Supportive
- Athletics
- Writing
- Coding
- Music
- Art
- Event planning
- Customer service
- Data analysis
- Teaching
- Listening

Passions & Interests
What do you enjoy doing or learning about?

- Nature
- Sports
- Theater or film
- Robotics
- Law/policy
- Science
- Reading
- Music
- Nutrition
- Trivia
- Puzzles
- Cooking
- Math
- Travel
- Fashion
- Dance
- Art
- Volunteering
- Chemistry
- Exercise & fitness
- Technology
- Web development
- Software design
- Finance/money
- Astronomy
- Religion/faith
- Making videos
- History
- Forensics
- Social justice
- Psychology
- Animals
- Blog writing
- Photography
- Electronics

Societal Needs
Who or how do you want to help?

- Infants
- Pre K/Toddlers
- Young children (K-5)
- Middle school
- Students
- Teens
- Youth in foster care
- Creating technology
- Rural or urban communities
- Hunger & homelessness
- Sustainability
- Faith based organizations
- Immigrants/migrants
- People with disabilities
- Poverty
- Veterans/military
- Mental health
- Literacy
- LGBTQ+
- Disaster relief
- Animals
- Performers
- Substance abuse
- Civil rights
- Environment
- Health care
- Athletes
- Clean water
- National parks
- Older adults
- Artists
- Creating science
- Policy
- Education
- Authenticity
- Achievement
- Adventure
- Beauty
- Challenge
- Compassion
- Community
- Creativity
- Curiosity
- Determination

Work/ Life Values
What guides your decisions?

- Education
- Fairness
- Faith
- Friendship
- Growth
- Happiness
- Health
- Honesty
- Humor
- Influence
- Kindness
- Integrity
- Learning
- Meaningful work
- Optimism
- Respect
- Responsibility
- Security
- Service
- Social justice
- Spirituality
- Stability
- Success
- Trustworthiness
- Wealth
- Wisdom

adopted from https://jamesclear.com/core-values