Skills and Talents

The following list is by no means exhaustive, but it should stimulate your thinking about the kinds of skills and aptitudes your individual work responsibilities and team roles require for peak performance. The first step is to check off all the values that you feel are extremely important to you.

Prioritization of Skills and Talents

The next step is to prioritize the abilities that you have selected and come up with a list of your top 10.

1. ____________________________  
2. ____________________________  
3. ____________________________  
4. ____________________________  
5. ____________________________  
6. ____________________________  
7. ____________________________  
8. ____________________________  
9. ____________________________  
10. ____________________________

*Adapted from: Quick Guide to the Four Temperaments for Peak Performance
Personal Values

The following list is by no means exhaustive, but it should stimulate your thinking about the values that are important to you. The first step is to check off all the values that you feel are extremely important to you. The first step is to check off all the values that you feel are extremely important to you.

Prioritization of Values

The next step is to prioritize the values that you have selected and come up with a list of your top 10.

1. _____________________________________
2. _____________________________________
3. _____________________________________
4. _____________________________________
5. _____________________________________
6. _____________________________________
7. _____________________________________
8. _____________________________________
9. _____________________________________
10. ____________________________________

*Adapted from: Quick Guide to the Four Temperaments for Peak Performance*