**UNIQUE ABILITIES**

List all the abilities you can think of that you possess that makes you unique and special. What are you exceptionally good at? Think of every context. Are you approachable, optimistic, logical, tidy, or methodical ? Do you have big visions or are you great at map reading or cooking? Be as descriptive as you can.

What are the special qualities that others see in you or see you exhibit? Why not ask 5 people (partners/parents/friends/colleagues) to fill this in for you too and then compare notes and look for themes.

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| Unique Abilities |
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Here are some ideas to help you:

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| Able to choose | Contributes | Confident | Optimistic | Self confident |
| Accountable | Cooperates | Honest | Orderly | Self generating |
| Acknowledges | Courageous | Honourable | Organised | Self reliant |
| Adapts well | Creative | Independent | Patient | Sense of humour |
| Alert | Curious | Initiates | Peaceful | Sensual |
| Anticipates wants / needs | Disciplined | Innovative | Perfect | Sincere |
| Appropriate | Dynamic | Inquiring | Planner | Skilful |
| Asks for what he/she needs | Easy going | Inspiring to others | Playful | Spiritual |
| Assertive | Effective | Integrates | Poised | Spontaneous |
| Astute | Emotionally stable | Intelligent | Powerful | Stable |
| Attention to detail | Empathetic | Intentional | Practical | Strong |
| Authentic | Empowers | Interested | Proactive | Supportive |
| Begins things | Energetic | Intimate | Problem solver | Tactful |
| Calm | Engaging | Joyful | Productive | Talented |
| Candid | Enthusiastic | Knowledgeable | Punctual | Tidy |
| Capable | Expressive | Leader | Quick learner | Timely |
| Certain | Facilitates | Listens | Recreates | Trusting |
| Clear | Faithful | Loyal | Refines | Truthful |
| Committed | Firm | Magical | Reliable | Versatile |
| Compassionate | Flexible | Manages time | Resourceful | Visionary |
| Communicator | Generative | Manager | Responsible | Vital |
| Conscious | Generous | Networker | Satisfied | Willing |
| Consistent | Happy | Open minded | Seasoned | Wise |