



Reinventing for  
the Next Chapter

## Skills Assessment Exercise

- List five skills, attributes, abilities or personality traits that you have that are marketable in today's economy and are relevant to your goals and dreams.
- Contact at least five others who have worked with you, or know you well, and ask them how they see you from a skills perspective.
- Ask what they think you have that is marketable. Then share what you wrote as skills and see if they agree.
- Capture the words to use in your bio, LinkedIn profile and emails to others when you need to explain what skills you have.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_