

# Find Your Strengths and Talents

Transition Skills, Tips & Tools  
We All Have Strengths and Talents



- **We all have something that we are good at.** Sometimes it is so obvious that we don't realize it.
- **Find your personal strengths and abilities. These are things you are good at or others admire about you.**
- Think about your strengths and what you are good at. They might include:
  - Making people feel happy
  - Writing letters, poems, stories
  - Finding constellations
  - Throwing darts
  - Reading stories to children
  - Talking on the telephone
  - Using computers
  - Forecasting the weather
  - Having a good sense of direction
- Identify two or three strengths related to your disability:
  - Determination - to keep working on your goals and giving your best effort.
  - Problem-solving - to get around daily challenges and think creatively to find solutions.
  - Communication - to express to others what you need when you can't do it yourself.
  - Interpersonal skills - to build relationships with others, such as when you need them to help you.
- Ask your friends and family to help you learn **what you are good at.**
- **Learn new talents.** Get together with your friends and **share your talents.**

- Try new things to learn more about all your abilities and interests. For example, cook something new, learn about a famous person, plant a garden, learn to play a musical instrument, paint a picture, write a poem, join a club, or learn to sew.
- Showing your talents and knowing they are valued by people important to you can help you define your identity around what you do best.
- **Talents, strengths and areas of interest can be stepping stones to a career or job.**

## Vocational Training Resources

- **Charting the LifeCourse:** These tools may help you plan for your best life - [www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/](http://www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/). You can use the Integrated Support Star to help identify your and your family's strengths or solve a specific need.
- **Strengths and Interests Assessments:**
  - **Assessment: Find Your Strengths! – Multiple Intelligences for Adults Literacy and Education:** [www.literacynet.org/mi/assessment/findyourstrengths.html](http://www.literacynet.org/mi/assessment/findyourstrengths.html)
  - **Worksheet for Identifying Interests, Values, and Strengths – Cornell University, Career Services:** [archive.ilr.cornell.edu/download/7341](http://archive.ilr.cornell.edu/download/7341) or [archive.ilr.cornell.edu/sites/default/files/understanding-yourself-worksheet.pdf](http://archive.ilr.cornell.edu/sites/default/files/understanding-yourself-worksheet.pdf)

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