

Discovering Your Sources of Power

Answer the following questions on a separate sheet of paper. Save the handout and your answers and respond to the questions again at the end of the course. Then compare your two sets of responses.

1. Identify the specific skills you have that fall into the following categories:
 - machine or manual skills
 - athletic skills
 - planning and organizing skills
 - outdoor skills
 - mathematical and financial skills
 - skills of influencing or persuading
 - performing skills
 - leadership skills
 - communication and language skills
 - human relations (social and helping) skills
 - educational skills
 - creative and artistic skills
 - research and analytical skills
2. List people in your life who are positive role models for you. For each person, indicate her or his key qualities.
3. List people you know, directly or indirectly, who have significant power. For each person, indicate what kind(s) of power he or she has.
4. List people in your life you can turn to when you are feeling challenged or need support.
5. On a scale of 1 through 7 (7 is highest), rank your sense of
 - personal self-esteem
 - hope (that your goals in life can be achieved)Give reasons for your answers.