

## Ability Inventory: Are My Skills Useful?

Sometimes we undermine the value of our abilities and skills. Please list four or five things you enjoy doing and that you also do well. Then, think about those places where you could use the ability either at school or in the community.

<b>Ability and Skill</b>	<b>Possible Use at School</b>	<b>Possible Use in the Community</b>