

## EXERCISE

# Internal Resources

List all the skills and capabilities you can think of that you possess.

Are you friendly? Optimistic? Do you facilitate well? Are you tidy? Methodical? Do you have big visions? Are you a starter? A finisher?

Circle the items on the list that describe you. Draw a line through the items on the list that ~~Do Not describe you.~~

### Internal Resources List

Accountable	Inspiring to others
Adaptable	Intelligent
Asks for what s/he needs	Joyful
Assertive	Knowledgeable
Authentic	Leader
Boundaries clear	Loyal
Builder	Manages time
Calm	Network builder
Capable	Open-minded
Clear	Optimistic
Committed	Orderly
Communicates effectively	Organized
Compassionate	Patient
Cooperative	Peaceful
Courageous	Perfect
Creative	Playful
Curious	Polite
Detail oriented	Practical
Diplomatic	Proactive
Disciplined	Problem-solver
Easy-going	Productive
Empathetic	Reliable
Energetic	Resourceful
Enthusiastic	Self-aware
Ethical	Self-confident
Expressive	Sense of humor
Financially responsible	Sincere
Firm	Spiritual
Flexible	Strong
Generous	Supportive
Happy	Tactful
Healthy	Trusting
Honest	Truthful
Independent	Versatile
Innovative	Visionary
Insightful	Wise