

Wellness Skills and Interests Survey

Name: _____

We are interested in all your skills and abilities. They may have been learned through experience on the job, in the home, with your family or in the community. Please check off your skills and interests from the lists below.

Office

- | | |
|------------------------------------|-------|
| Typing | _____ |
| Filing | _____ |
| Making phone calls | _____ |
| Taking phone messages | _____ |
| Writing letters | _____ |
| Using a computer | _____ |
| Filling out forms | _____ |
| Writing reports | _____ |
| Planning work for other people | _____ |
| Directing the work of other people | _____ |
| Keeping records of activities | _____ |
| Taking meeting minutes | _____ |
-

Funding

- | | |
|----------------------------|-------|
| Making a budget | _____ |
| Bookkeeping | _____ |
| Talking to decision makers | _____ |
| Sales experience | _____ |
| Writing grants | _____ |
| Fund raising | _____ |
-

Health

- | | | | |
|-------------------------------|-------|---------------------------|-------|
| Nutrition | _____ | Cancer | _____ |
| Exercise/activity | _____ | Heart health | _____ |
| Smoking cessation | _____ | Blood pressure management | _____ |
| Health risk appraisals | _____ | Spirituality | _____ |
| Reducing stress | _____ | Financial planning | _____ |
| Alcohol/drug abuse prevention | _____ | Elder care | _____ |
| Safety/accident prevention | _____ | Caring for children | _____ |

OVER

Health continued

CPR training	___	Parenting	___	___
Medical self-care	___	Back care	___	
Health screenings	___	Diabetes	___	

Personal

Good communicator	___	Good Listener	___
Leadership skills	___	Teaching skills	___
Organizer	___	Reality oriented	___
Practical	___	Creative	___
Affirms others	___	Assesses strengths	___
Learns by doing	___	Takes risks	___
Competent	___	Responsible	___
Works independently	___	Appreciates others	___
Cooperative	___	Nurturing	___
Likes detail	___	Looks at big picture	___
Works well with others	___	Cares about people	___

Miscellaneous

Likes to bake	___
Sings	___
Plays musical instrument	___
Likes to travel	___
Likes to work with media	___
Write articles	___

Are there other skills or interests that you have that are not listed? If so, please list.

Please list the community organizations to which you belong.