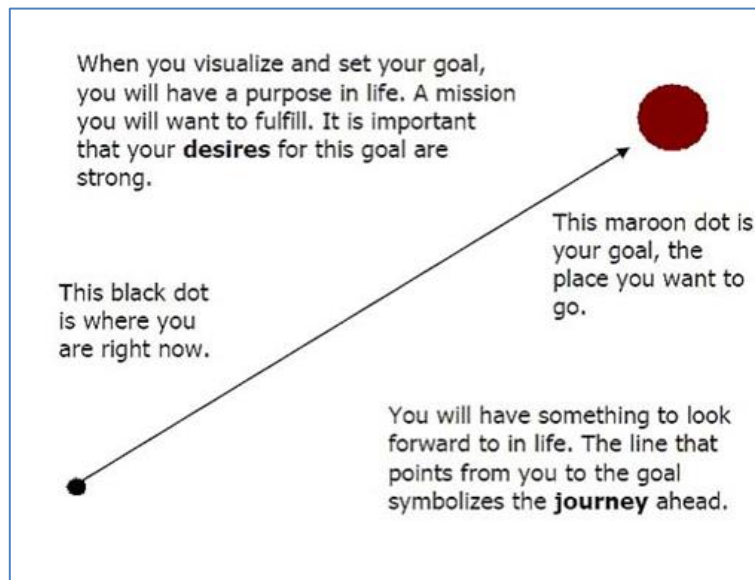


## Personal Goals and Abilities

Whether you are poor or rich, we are all created by God with different abilities, experiences and giftings and can do some things well and others not so well. It is often said that the poor and the oppressed are the most creative and hard working people as they have to be, to survive in very difficult circumstances.



You could find it helpful to think about yourself and plan how you might develop your best skills and experience to enable you to better meet your personal needs and those of your family



Where do you want to see yourself in a year three years – and perhaps ten years down the road?

My Goals
<u>Next year I want to:</u>
<u>In three years time I want to:</u>
<u>In ten years time I hope to be:</u>

This assessment programme will help you to see the skills you already have and to make a plan for action you can take towards your personal goals

*“A good plan is like a road map: it shows the final destination and usually the best way to get there.”*

– H. Stanley Judd

The options you have may seem very limited but in every situation there is always something that you can do to move towards your goals. As Winston Churchill once said *‘Never, never, never, never give up’*

This personal development assessment will help you to see the skills and abilities you have and help you decide on the action you will take towards your goals of better meeting basic needs for sustainable income, which may well be:

- Improving my reading, writing and number skills
- Gaining vocational skills
- Finding paid work
- Generating my own income
- Increasing the income I already earn
- Working with a group to generate income

Read through this list of skills and abilities and tick the boxes that are the best fit for you

I CAN/CAN'T DO	I can do this very well	Can do this well	Can do this but not very well	Can't do this
Make things, put bits and pieces together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do hard physical work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Build things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Find information from books, phone, radio or tv	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use the internet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Help other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep a diary or records	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plan an activity or event	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen to other point of view and act on them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encourage others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Look after children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Look after livestock (Cattle, poultry etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plan and look after plants for food or sale	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Experienced with sewing or weaving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ask questions of others to learn from them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get people to do things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Supervise others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Solve problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continued/

I CAN/CAN'T DO	I can do this very well	Can do this well	Can do this but not very well	Can't do this
Make people feel comfortable and at ease				
Plan and organize events				
Think of new ideas				
Make up my own mind and make decisions				
Ride a bicycle or motorbike				
Help those in need				
Paint or carve				
Play a musical instrument or sing well				
Lead a group meeting				
Use machine tools e.g sewing, drilling, cutting				
Work out sums in my head				
Work quickly without making mistakes				
Sell things to others				
Making or repairing clothes				

Can you think of any more?


Look through the skills you can do **'very well'** or **'well'** and put them in order in your 'Top Ten' Skills and Abilities?

<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>7</b>	
<b>8</b>	
<b>9</b>	
<b>10</b>	

# Stepping Stones

This next exercise will help you understand what values are important to you. Show how important each of the following is to you by ticking the most suitable box:

	Very Important	Quite important	Not important
Achieving my goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Greater freedom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helping my family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Working hard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being creative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being open minded	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honesty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A better style of life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self Discipline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friendships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Owning lots of things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caring for others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being safe and secure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Belonging to a good community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Developing my Faith	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being cheerful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being happy (Wellbeing)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being creative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Loyalty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

In any activity you engage in what would be important for you?

Put a ring round your choice: 1 not important, 5 – very important

Earn income to meet personal and family needs	1	2	3	4	5
Improve my skills	1	2	3	4	5
Gain new work experience	1	2	3	4	5
Working with others	1	2	3	4	5
A secure paid job all year	1	2	3	4	5
Able to generate my own income all year	1	2	3	4	5
Helping others and feeling useful	1	2	3	4	5
Do lots of different things	1	2	3	4	5
Gain respect in my community	1	2	3	4	5
Helping the needs of my community	1	2	3	4	5
Being respected	1	2	3	4	5
Meeting new people	1	2	3	4	5
Belonging to a local trading network	1	2	3	4	5
Helping others on their spiritual journey	1	2	3	4	5
Doing things my way	1	2	3	4	5

Add others of your own:

	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5

Having thought about your goals, your skills and what you would like to achieve, we hope you will be able to see a clearer plan of action which will probably be one of the following options.

Tick your 1<sup>st</sup> preference as you nearest goal, then your 2nd and 3rd options:

- Improving my literacy and numeracy
- Gaining further education or training
- Voluntary (Unpaid) work experience
- Finding paid work
- Starting my own income generating activity
- Growing my own existing income generating activity
- Working together in a group to start an income generating activity

Why not discuss your personal assessment and goals with a close friend or your church or group leader , then with you family if you have one, as you will need their support whatever you do!

We do not of course know your situation or your culture but we are pleased to offer further help- to the best of our knowledge and experience of training, business start-ups and commercial management practices as used most widely and successfully round the world.

We can therefore offer further insights and training opportunities as stepping stones on each of the above personal goals which can be downloaded from our website ([www.aidfortrade.info](http://www.aidfortrade.info))

