Competences & experiences	I have to improve	Sufficient	Good	Excellent	I'm interested in	I'm not interested in
Manual work						
I can fix things						
I can create things (I cook foods, I produce objects, etc.)						
I can use tools						
I can build things (assembly, construction, carpentry, etc.						
Creativity						
I try to do things in different ways						
I have new / original ideas						
I like trying new things						
I create things (stories, music objects)						
Communication						
I ask many questions, I'm curious, I want to learn						
I like talking to people						
I'm good at making speeches, presentations						

Competences & experiences	I have to improve	Sufficient	Good	Excellent	I'm interested in	I'm not interested in
I'm good at writing reports / documents / communications						
I'm good at explaining things (teaching, support)						
I'm good at listening to others						
Relations						
I like meeting new people						
I can work in a group						
I like helping others (cooperation)						
I'm a reliable person						
I can listen to people who have different ideas from mine						
I can accept constructive criticism						
Problem Solving						
I can identify problems						

Competences & experiences	I have to improve	Sufficient	Good	Excellent	I'm interested in	I'm not interested in
I can identify the cause of problem						
I'm good at improving situations						
I suggest solutions						
I can interpret the information and communication I receive well						
Organization						
I can organize events; feasts						
I can plan activities						
I can coordinate things / events / projects						
I can manage and respect the times						
I respect deadlines						
Leadership						
People ask me for advice / help						
I start new activities						
I have managed children, seniors, groups of people						
I take decisions						

Competences & experiences	I have to improve	Sufficient	Good	Excellent	I'm interested in	I'm not interested in
I love being the first to try something						