



# A Skills and Strengths Assessment Worksheet for Your Purpose-Aligned Next Chapter

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Use these exercises to identify your core skills, define your unique value, and explore opportunities for upskilling or repositioning your strengths for your next chapter.

## Section 1: Skill Inventory Worksheet

**Start with a brain dump. List as many skills as you can — include technical, soft, leadership, and life skills.**

Category	Skill or Strength	Example in Action
Leadership		
Communication		
Technical		
Problem-Solving		
Relationship		
Organization		
Other		

After you fill it in, highlight 3 to 5 strengths you most enjoy using. These are clues to what should come next.

## Section 2: Personal Brand Builder

**A personal brand is not a logo. It is how others describe your value, your strengths, and what it's like to work with you.**

1. What are three words people consistently use to describe you?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. What do you want to be known for in this next chapter?

3. What is one professional strength you underuse but want to highlight more going forward?

**Now combine your answers into one short, personal brand statement:**

"I'm known for \_\_\_\_\_, \_\_\_\_\_,

and \_\_\_\_\_. In my next chapter, I want to bring more of

my \_\_\_\_\_ to the table and be recognized for

\_\_\_\_\_."

## Section 3: Upskilling Map

No matter how seasoned you are, the most successful professionals keep learning. Use this framework to identify what to strengthen or learn next:

Skills You Need	Why It Matters	Where You Might Learn It

**Start small:** Commit to one learning goal this month. Track your progress on your calendar or planner.

## Section 4: Your Unique Value Profile

**This exercise combines everything above into a one-page summary.**

What I do best:

Where I add the most value:

Who benefits from my work and how:

What I want to do more of in my next chapter:

## Want Help Refining Your Brand?

Third30™ offers resources and workshops to help you build a personal brand that reflects your strengths and opens doors. Visit [www.third30.com](http://www.third30.com) for next steps.

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