# Capacity Assessment – Simple

**My Name is:**

**Here are some of my gifts:**

*Please list 5 things in each category – things you don’t mind people knowing about you. Be specific.*

**Gifts of the Head** (things I know something about, and would enjoy talking about, or teaching others about)

**Gifts of the Hands** (things I know how to do and enjoy doing, etc, carpentry, sports, gardening, cooking)

**Gifts of the Heart** (things I care deeply about, for example – protection of the environment, family well-being, children, health)