

## **Personal assessment –**

1. Physical capabilities –
  - a. Lifting weight limitation?
  - b. Vision? Hearing?
  - c. Work ethic, hours weekly
  
2. Emotional –
  - a. Mental health
  - b. Medications?
  - c. Counseling?
  - d. History of abuse / neglect
  
3. Mental –
  - a. Continuous education
  - b. Books currently reading or study
  - c. Personal training
  - d. Personality profile
  
4. Skill –
  - a. Newest skill right now?
  - b. Last skill learned? Solution focused?
  - c. Delegation, recruiting
  - d. Power tools? Computer? Websites?
  
5. Character –
  - a. Marriage? Kids?
  - b. Finances?
  - c. Courts, criminal history?
  - d. References, family, friends, job