*This simple tool can be used to explore how an individual’s interests align with their skill set.*

Read through each of the 4 main quadrants and the descriptors, and then make notes on each of the areas in the blank quadrant below:

1. These are things that **motivate you and give job satisfaction**
2. These are potential **burn out areas**, things you are good at but don’t enjoy doing
3. These are development areas; things you have either not tried or only have limited experience however you **would like to do more**
4. **Red flag areas!** Things you neither enjoy nor are good at. Good managers will steer staff away from these tasks.

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| 1. **High skill/high interest**
 | 1. **High skill/no interest**
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| 1. **Low skill/high interest**
 | 1. **Low skill/ low interest**
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