



WELLBING & HEALTH & RELATIONSHIPS  
COACHING & STRATEGIES & TRAININGS

# Skills Treasure Map: Thriving in Turbulent Times

## Purpose

This map helps professionals identify strengths, discover growth areas, and set actionable goals for thriving in challenging times.

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## Core Competencies ("My Known Strengths")

### Prompt

What are my most trusted, refined skills?  
What have I been praised for, and what do I excel at?

### Top 3–5 Strengths

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Goal Setting

- **Short-Term Goal (30 days):**

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- **Long-Term Goal (6 months):**
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## Transferable Talents ("My Portable Skills")

### Prompt

Which of my skills are versatile across different roles or industries?

### Key Transferable Skills

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Goal Setting

- Short-Term Goal:

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- Long-Term Goal:

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## Undiscovered Value ("Hidden or Undervalued Skills")

### Prompt

What skills do I often overlook or undervalue?

### Hidden Talents

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Goal Setting

- Short-Term Goal:

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- Long-Term Goal:

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## Emerging Abilities ("Growth Areas")

### Prompt

What am I currently learning or curious about?

### Emerging Skills to Improve

1. 

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2. 

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### Goal Setting

- Short-Term Goal:

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- Long-Term Goal:

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## Future Focus ("Skills I Want to Claim")

### Prompt

What new skills would empower my next career step or personal goal?

### Desired Skills for Future Growth

1. 

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2. 

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3. 

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### Goal Setting

- Short-Term Goal:

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- Long-Term Goal:

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## Stress Triggers ("Skills I Doubt or Abandon Under Pressure")

### Prompt

What skills do I hesitate to use when under stress?

### Skills to Strengthen

1. \_\_\_\_\_
2. \_\_\_\_\_

### Goal Setting

- **Short-Term Goal:**

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- **Long-Term Goal:**

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### Goal Tracking and Accountability

- **Timeline:** \_\_\_\_\_
- **Resources Needed:** \_\_\_\_\_
- **Next Steps:** \_\_\_\_\_
- **Accountability Partner:** \_\_\_\_\_
- **Reflection (Progress/Challenges):**

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### Final Touch

Revisit your map regularly, celebrate wins, and adjust your goals as life evolves!

*"It's not about being the best. It's about being better than you were yesterday." – Unknown*