

## Skills with Tangibles

When you look at your skills with tangibles, the object will be a physical and material thing.

Start by describing the tangible things you've worked on or with, or used in the past. Some of the following examples might help jog your memory:

animals	electronics	musical instruments
antiques	food	office equipment
automobiles	furniture	plants
chemicals	machinery	plastics
clothing	medical products	sports gear
computers	Metals	wood

Next, think of an action word that best describes what you like doing with the physical things you chose. Use the Action Words (Verbs) in Chapter 3, Figure 3.1 to help you.

For example, suppose you said “chemicals” as the tangible thing because you create non-hazardous chemical compounds for use in children’s toys. However, if you hadn’t thought of chemicals right away, when you went down the list of action words, you would have stopped at “creating” or “developing” and thought about the chemicals you created or developed in the past. You’ll need to be more specific and describe the type of chemicals, so others will have a clear understanding of what you did.

**Tip:** If you have difficulty thinking of tangible and physical things, try to visualize physical objects or things that surround you or that you enjoy using at work, at home (such as hobbies), or in organizations or associations in which you participate.

