



*Women Investing in Women*

**MAPPING INDIVIDUAL ASSETS**

Everyone has capacities, skills, abilities, and gifts, known as “assets.” These assets may have been learned in your family, workplace, congregation, or community. Please place a check next to all your assets—assets that could contribute to making El Paso a better place with a “social currency” exchange. You decide which assets you actually would contribute and on the amount of time to invest in “social currency:” 2-4 hours monthly, or as much as you wish!

**Health and Safety**

- Teaching Self Defense \_\_\_\_\_
- Activities with the Elderly (crafts, card games, etc.) \_\_\_\_\_
- Caring for the Sick \_\_\_\_\_
- Caring for the Physically Disabled \_\_\_\_\_
- Other (specify) \_\_\_\_\_
- (If you checked any of the above, please respond to the following)*
- \_\_\_Licensed (CNA, LPN, RN, etc) \_\_\_\_\_
- \_\_\_Grooming \_\_\_\_\_
- \_\_\_Comforting/Visiting \_\_\_\_\_
- \_\_\_Preparing Special Diets \_\_\_\_\_
- \_\_\_Exercising and Escorting \_\_\_\_\_
- \_\_\_Dressing \_\_\_\_\_
- \_\_\_C.P.R. Trained \_\_\_\_\_

**Body/Mind Care**

- |                        |                                    |
|------------------------|------------------------------------|
| Hair Cutting _____     | Alternative Medicine _____         |
| Hair Styling _____     | Teach exercise, Yoga, TaiChi _____ |
| Manicurist _____       | Massage Therapist _____            |
| Hand reading _____     | Tarot reading _____                |
| Herbal knowledge _____ | Lay ministry _____                 |
| Braiding _____         | Hair Coloring _____                |
| Work-out Buddy _____   | Counseling/Mentoring _____         |
| Grocery Shopping _____ |                                    |

**Office**

- |   |                            |
|---|----------------------------|
| Typing (words per minute _____) _____     | Researching _____          |
| Operating Calculator _____                | Data Base Management _____ |
| Shorthand or Speedwriting _____           | Microsoft Word _____       |
| Bookkeeping or accounting _____           | Making web sites _____     |
| Composing, Writing, Editing Letters _____ | Microsoft Excel _____      |
| In Spanish _____ In English _____         | Transcribing _____         |
| Receiving Phone Orders _____              | Microsoft PowerPoint _____ |
| Computer Trouble Shooting(minor) _____    | Microsoft Publisher _____  |

**Language**

- |                               |                                 |
|-------------------------------|---------------------------------|
| Know Spanish _____            | Know English _____              |
| Translate Conversations _____ | Translate Documents/Forms _____ |
| Conversational Tutoring _____ | Other (specify) _____           |
| In Spanish ___ In English ___ |                                 |

**Food**

Meal Planning for event _____	Specialty Recipes _____
Cook Meal__ Desert_____ _____	Herbal knowledge _____

**Child/Youth Development**

Caring for Babies (under 1) _____	Taking Children on Trips _____
Caring for Children (1-13 Years) _____	Teaching Crafts _____
Care of a Sick Child _____	Perform Infant CPR _____
Home schooling _____	Educational Mentoring _____
Tutoring for homework _____	Teach Parenting Skills _____
Nutrition tips _____	Coaching/Sports _____

**Home Construction/Remodeling**

Painting _____	Kitchen Modernization _____
Wall Papering _____	Upholstering _____
Furniture-Making _____	Home repair (minor) _____
Gardening/Landscaping Advice _____	Organizing scrapbook _____
Weed Pulling _____	Organizing garage sale _____
Other (specify) _____	Space organizing _____

**Organizing/Technical and Civic**

Fundraising _____	Attend meeting/take notes _____
Making speeches _____	Writing Proposals _____
[What topics?_____]	Deputized voter registrant _____
Give workshops _____	Resume Writing _____
[What topics?_____]	Notary _____

**Dance/Music/Art/Artesania**

Sewing _____	Jewelry making or repair _____
Knitting, crocheting _____	Tailoring _____
Quilting _____	Photography _____
Dance Instructor _____	Folklorico _____
Musician _____	Singing _____
Storytelling (adult__ child__ gatherings) _____	Craft-making _____
Pottery-making _____	Painting _____

**Other**

Cashiering a major event _____	Managing Property _____
Pet Sitting or Care _____	Stuffing/Labeling envelopes _____
Driving someone to doctor, store _____	Watering plants _____
Legal literacy _____	Filling out forms _____
Etiquette _____	Running errands _____
	In El Paso__ In Juarez_____

**Priority Skills**

- 1.) When you think about your skills, what two things do you love or think you do best?
  - a.
  - b.
- 2.) Which of all your skills are good enough that other people would hire you to do them?
  - a.
  - b.
- 3) What skills do you have that are not listed?
  - a.
  - b.

Name \_\_\_\_\_ Contact: Phone \_\_\_\_\_ E-Mail \_\_\_\_\_ Age \_\_\_\_\_

Availability (Days/Times) \_\_\_\_\_ Hours/month   1   2   3   4

Adapted from Building Communities from the Inside Out: A Path Towards Finding And Mobilizing a Community's Assets John. P. Kretzmann and John L. McKnight and from time-dollar (social currency) websites in Madison, WI, Burlington VT, and Ithaca, NY.