





My strengths


Worksheet

Tick the ★ if you have the strength or the ↗ if you want to develop it.
Tick the ✘ if it is something you don't like doing.

  **Talking**

★ have ↗ want ✘ don't have

I use this skill...

 **Listening**

★ have ↗ want ✘ don't have

I use this skill...

Activity on next page...



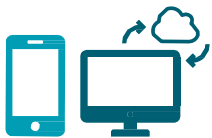
Writing

★ have

↗ want

✘ don't have

I use this skill...



Working with technology

★ have

↗ want

✘ don't have

I use this skill...



Helping others

★ have

↗ want

✘ don't have

I use this skill...

Activity on next page...



Meeting people

★ have ↗ want ✖ don't have

I use this skill...



Finding mistakes

★ have ↗ want ✖ don't have

I use this skill...



Thinking of new ideas

★ have ↗ want ✖ don't have

I use this skill...

Activity on next page...



Trying even when things are hard

★ have ↗ want ✘ don't have

I use this skill...



Solving problems

★ have ↗ want ✘ don't have

I use this skill...



Making choices

★ have ↗ want ✘ don't have

I use this skill...

Activity on next page...



Cheering on others

★ have

↗ want

✘ don't have

I use this skill...



Good time keeping

★ have

↗ want

✘ don't have

I use this skill...



Following instructions

★ have

↗ want

✘ don't have

I use this skill...

Activity on next page...



Plan



Organised

★ have ↗ want ✘ don't have

I use this skill...



Finding information

★ have ↗ want ✘ don't have

I use this skill...



Thinking differently to others

★ have ↗ want ✘ don't have

I use this skill...

Activity on next page...



Working well with others



★ have

↗ want

✘ don't have

I use this skill...



Think about other skills and strengths you have. Add them to this box.

Activity on next page...

Improve your skills and strengths

Plan things you can do to get better at your skills and strengths. Add them to this table.

Skill or strength	What can I do to get better?	When will I do this by?	Who can help me?