

# My Strengths Scale

## Worksheet

Add your skills and strengths to this scale. You can add more than one to each line.

★ Very good

10

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9

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8

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7

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6

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5

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4

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3

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2

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1

↗ Want to get better

## 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?

You might want to rate your skills and strengths again in the future. This will help you to see if have gotten better at them.

Today's date: \_\_\_\_\_ I will rate my skills again on: \_\_\_\_\_