THINGS I AM GOOD AT

NAME:	DATE:



MY NATURAL STRENGTHS	

What task feel easy or natural for you?

I ENJOY DOING	

What tasks do you enjoy so much that you lose track of time?

I AM GOOD AT THIS BECUASE OF THIS EXPERIENCE	

Skills you have improved through various experiences

OTHERS SAY I AM GOOD AT THESE	

What do people usually ask you for help with?

THINGS I AM GOOD AT

NAME:	DATE:



STRENGTH THAT ALIGN WITH FUTURE CAREERS	what strengths make you feel confident about your future?
STRENGTH THAT MAY NOT MATCH MY FUTURE GOALS	Things you are good at but don't want to make a career out of it
FUTURE STRENGTHS I WANT TO BUILD	what new skills would open more opportunities for you?
STRENGTHS IN DAILY LIFE	Are you good at managing people, solving problems, organizing things or communicating?