

what skills and strengths do I have?

Use this quick exercise to find out:

skills I use most:

'THINGS' I can do:	'PEOPLE' skills I have:
'INFORMATION' skills I have:	'IDEAS' that I generate:

Now, complete the box below:

stuff I love to do if I had time:

'THINGS' I love to do:	'PEOPLE' environments I love to be in:
'INFORMATION' I love to have:	'IDEAS' that I explore:

what skills I have that are:

unconscious (things I do all the time and wouldn't even dream of calling it a skill – it's a natural thing):

unknown / undiscovered (things that you may use very occasionally e.g. you project managed your wedding):

undeveloped: (tiny seeds of future growth – e.g. a friend of yours has an incredible eye for colour co-ordination, and appears to have a huge amount of confidence. The colour co-ordination is often reflected in the clothes they wear and how they put them together. You can see that they have a flair for it, and you can really see them harnessing this potential in the future to help people grow and become more confident in colour / experimentation and also on styles and colours that suit them). What skills do you have that have seeds for potential growth?

skills I don't talk about: (things that you talk to your friends about but haven't found the language to talk to people that could help make it a reality e.g. becoming a trainer / teacher / moving into HR as you want to support people)

skills I'm not able to use: (things you dream about – e.g. talking to groups of teenagers about how they can become more mentally resilient in this fast paced world)

what do I have to offer?

rough diamond skills: (skills you have at an acceptable level of competence, that you recognise, but are not able to harness it any further to become great)

The above exercises will support you in identifying what you have to offer, and also what you want to develop further, which will re-energise and re-motivate you any time you become stuck in a self-critical loop.

further information:

A useful article that I found:

<http://www.forbes.com/sites/kathycaprino/2012/04/27/what-you-dont-know-will-hurt-you-the-top-8-skills-professionals-need-to-master/>