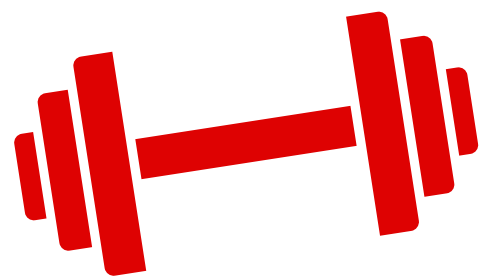




**Foundation**

# MY SKILLS AND STRENGTHS



When you look at yourself in the mirror, what do you see?



Everyone is different, especially when it comes to their own personal skills and strengths.

So what are your own personal strengths and what skills would you like to improve?

Write or draw them below.

**PERSONAL STRENGTHS**

**SKILLS YOU WOULD LIKE TO IMPROVE**

Why is this skill important to you? What will improving each skill help you to do?