## **Strengths and Abilities**

Being good at something means you gain satisfaction and enjoyment from doing it. It also gives you confidence to try other things, at work or in leisure activities.

Complete the table for the filled in activities then add some of your own.....

Activities	Very	good Good	Not so good
Playing sports			
Gardening			
Making friends			
Remembering things			
Learning new skills			
Being responsible			
Getting things done on time			
Cooking food			
Working with computers			
Working with mechanical equipment			
Following directions			
Speaking in front of people			
Organising activities or events			

Now list some of your weaknesses and how you can improve them

Weaknesses (Skills still to be developed ©)	How I can turn this weakness into a positive	