



SELF DEVELOPMENT

THINKING ABOUT YOU

Circle three interests or hobbies that you enjoy, or use the empty boxes to write your own:

Social media

Gaming

Sport

Animals

Art & Photography

Dog walking

Music

Reading books

Hanging with friends

From the list above, pick one that requires teamwork and explain why.

When have you tried something new or different before?

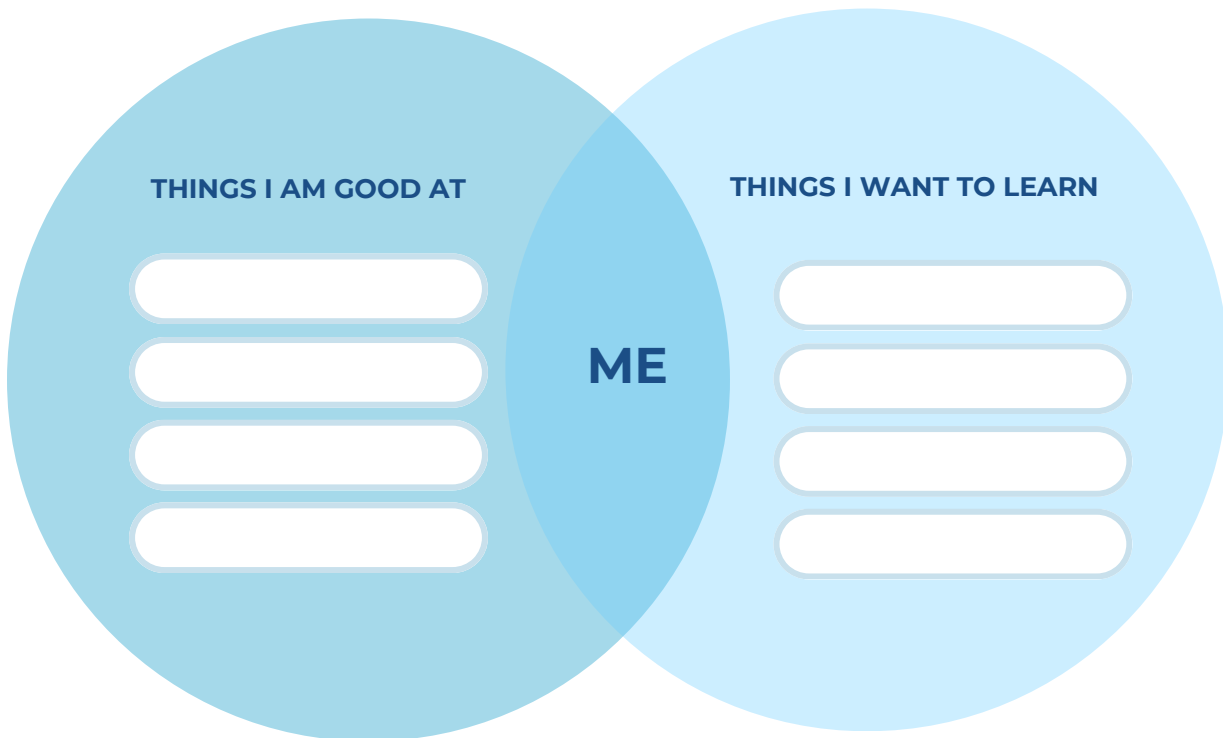
Did you know: trying new things involves adapting to change and can be a great skill to have in a job!



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ACTIVITY: Complete the below 'personal skills map' by identifying your strengths and things you want to learn.



BRAINSTORM

To get you thinking, use this space to brainstorm:

- Your interests
- What you do after school
- What people always tell you that you're good at
- What people tell you you need to work on
- What your friends might say about you