

Know yourself

Some ideas to help you

Skills

- **People skills:** teamwork, advising, motivating, contributing, presenting to groups, teaching people how do something, nurturing, customer service, supervising people.
- **Communication skills:** active listening, reading, researching, writing, analysing information, messaging, checking information for accuracy, respectful when communicating, informing and following instructions.
- **Creative skills:** writing, designing, drawing, creating new things, composing music, performing, dance, drama, animation, videos.
- **Practical skills:** fixing things, using my hands, operating machinery, making things, driving, caring for pets, gardening, cooking.
- **Logical skills:** good at puzzles, card games, good with computers, mathematics, calculating, gaming, budgeting.
- **Physical skills:** playing sport, physically fit, running, strength, speed, agility, flexibility, stamina, endurance, good hand-eye co-ordination.
- **Thinking skills:** problem solving, figure out ways of doing things, analysing and organising information, weighing up options, decision making, making plans.

Some qualities			Some values		
Honest	Kind	Organised	Helping people	Helping the environment	Making money
Friendly	Outgoing	Resilient	Being important	Spending time outdoors	My family
Flexible	Energetic	Willing to learn	Being part of a team	My culture	My spiritual beliefs
Respectful	Polite	Reliable	Being busy	Being a leader	My friends
Calm	Hard-working	Positive attitude	Being creative	Being of service to others	Being independent
Patient	Punctual	Self-managing	Challenging myself physically	Being recognised when I do well	Learning new things