

What Are My Qualities?

Complete the table, highlighting your qualities.

	Quality	Do I have this quality?	How do I show this quality in everyday life?
1	Cheerful		
2	Helpful		
3	Conscientious		
4	Determined		
5	Adaptable		
6	Honest		
7	Punctual		
8	Resilient		
9	Generous		
10	Kind		
11			
12			
13			
14			
15			

Extension: Add five more of your qualities to the list.

Which qualities would you like to develop, and how might you do this?

What Are My Skills?

Complete the table, highlighting your skills.

	Skills	Do I have this skill?	How do I show this skill in everyday life?
1	Thinking up creative ideas		
2	Solving problems		
3	Using tools and machinery		
4	Communicating in a foreign language		
5	Planning a research project		
6	Using computers to find and present data		
7	Drawing and painting		
8	Working in team		
9	Reading and quickly understanding what I have read		
10	Stating and arguing my viewpoint in discussions		
11			
12			
13			
14			
15			

Extension: Add five more of your skills to the list.

Which skills would you like to develop and how might you do this?

Ask some one in your family to check your list and make amendments.

Write a paragraph about yourself, describing the skills and qualities that you have identified, and explaining how your use these in your life.

Extension: Include some information about which skills and qualities you would like to improve, and how you think you could do this.

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