

PLAYING TO STRENGTHS

WHAT WOULD YOUR BEST FRIEND SAY YOU WERE GOOD AT?



Do you recognise the things which they say you are good at?

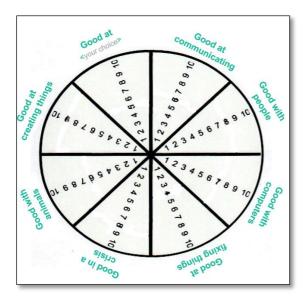
Do you enjoy these things?

Could you find a job which allowed you to do these things and get paid for it!



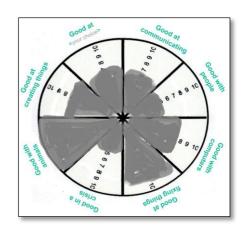
2 On the following sheet is a wheel with 8 things which people are good at.

(There's even a space for you to include another which you think is important)

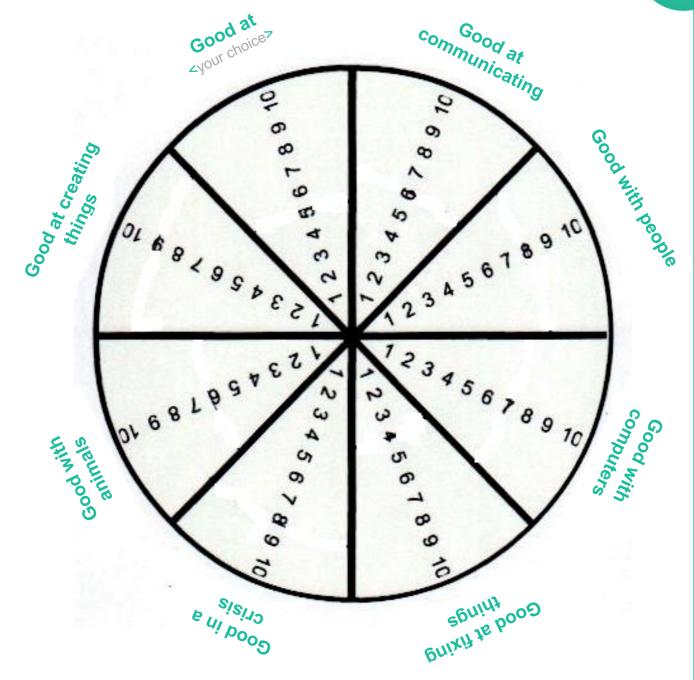


Ask a friend to shade the circle

starting at 1 and up to grade how they would judge your skills in this area.







Once you have done it why not use a new circle to ask someone else and compare the results.

This is a nice way to compare different skills and get assessments from different people. Who knows you might find out that people think you are good at something you never recognized!

3 DISCUSS WITH YOUR FRIENDS WHAT YOU LEARNT FROM THIS EXERCISE?