MODULE 1. GET TO KNOWYOURSELF



WORKSHEET 8.





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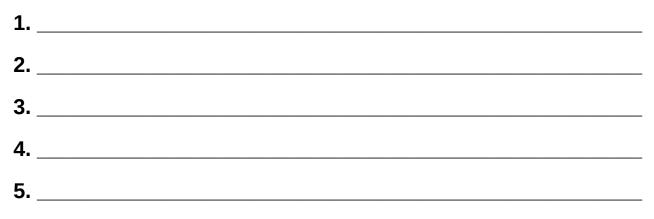
This worksheet will help you discover your superpowers. Complete the sections below to better understand your strengths, interests and areas where you have a natural aptitude. Try to be honest and reflective in your answers

List five activities that you are really good at. These could be professional skills, personal talents, character traits, etc.

| 1 | | |
|----|------|------|
| 2 | | |
| | | |
| 4. | | |
| 5 | | |

Think about what you really enjoy doing in your free time.

What are your hobbies, passions, activities that make you happy?



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List three situations from your past in which you were successful. What were you doing at the time? What skills and talents did you utilize?

| 1 | |
|---|--|
| | |
| 2 | |
| | |
| 3 | |
| | |

Ask three close people (family, friends, colleagues) to describe your strengths and talents. Prepare a note of their answers.

| 1. person | | | |
|------------|------|------|--|
| | | | |
| 2. person | | | |
| • <u> </u> | | | |
| 3. person | | | |
| • | | | |



Based on your previous answers, reflect and make a note of your main talents and strengths.

| Talent 1. | |
|-----------|--|
| Talent 2. | |
| Talent 3. | |
| Talent 4. | |
| Talent 5. | |

How can you apply your talents in your everyday life, in your work, in your personal development? List concrete steps that you will take.

| 1 | | | |
|----|--|------|------|
| | | | |
| 2 | | | |
| | | | |
| 3. | | | |
| | | | |

It is worth revisiting this card from time to time and reviewing your resources. Good luck!