

MODULE 1. GET TO KNOW YOURSELF



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. _____
3. _____
4. _____
5. _____

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

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

1. _____
2. _____
3. _____
4. _____
5. _____



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. _____

Skills and talents used: _____

2. _____

Skills and talents used: _____

3. _____

Skills and talents used: _____

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

1. person _____

2. person _____

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!