



HACK MY TALENTS

Knowing Your Strengths And Weaknesses

It's important to recognise your own strengths and weaknesses and realise that they can actually help you progress. Nearly everyone knows what they are good at. However, there's always something that they're good at which someone else can see but they can't.

That's the same with weaknesses. We don't like to admit we have weaknesses. So we don't know what they are. However, knowing both can allow you to become stronger at what you are good at and become great at what you need support on.

In this activity, be honest with yourself: what are your strengths and weaknesses. Lastly, knowing your strengths and weaknesses, how do you tackle challenges?

My Strengths

My Weaknesses

How I Tackle Challenges
