

Personal development: Self awareness



Name

Centre

My project (career choice)

When you're getting ready to plan your career you have to work on knowing yourself and that means finding out who you really are, what makes you tick and what makes you unique.

To help you with this, you should be thinking about:

- what you are good at
- what motivates you
- what you hope to achieve in life
- what your interests are
- what your strengths and weaknesses are
- what you like and dislike
- what your abilities are

From the Personal Qualities activity, pick out at least **two** personal strengths and weaknesses and from the Work Values activity pick **two** work values that are important to you.

My Qualities	
Strengths	Weaknesses
1	1
2	2

My Work Values (values that are important to me)
1
2

From the Feelings activity, pick out **two feelings** which could apply to you in relation to your project. Feelings can include comments on: likes, dislikes, interests, fears and aspirations.

My Feelings	How these feelings relate to my career choice
1	
2	

Now ask somebody else what they think of your choice of personal qualities, work values and feelings.

What do you feel about their comments?

And finally, name the topic for your project.

Project title: