

Strengths and Weaknesses worksheet

List of things I am great at

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Things I think I need to improve:

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My 5 Strengths are:

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The 5 Weaknesses that I want to turn in a strength:

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One of my strengths that was a once a weakness:

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List of challenge that I have overcome due to my strengths:

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Difficult situations that I couldn't handle or overcome due to my weaknesses. List the weaknesses too.