

This worksheet will help you refine your personal profile.

Take time to think about these questions and discuss them with someone you trust.
Often an outside perspective can help you recognise undiscovered talents, abilities,
and resources.

HOW WOULD I DESCRIBE MYSELF?

WHAT CHARACTERISTICS DO I VALUE IN MYSELF?

HOW WOULD MY BEST FRIEND DESCRIBE ME?

WHAT AM I PARTICULARLY GOOD AT?

WHAT HAS GONE PARTICULARLY WELL IN MY LIFE SO FAR? WHICH ABILITIES AND KNOWLEDGE DID I USE FOR THIS?

IF I HAD TO CHOOSE A MOTTO FOR MY PROFESSIONAL FUTURE, WHAT WOULD IT BE?

WHICH SCHOOL SUBJECTS DO I ENJOY MOST, AND WHY?

IN WHICH AREAS CAN I DEVELOP EVEN FURTHER RIGHT NOW, AND HOW COULD I DO THAT?

This image shows a single sheet of white paper with ten horizontal blue lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There is no text or other markings on the paper.