**Name Course Tutor Saima Rahna**

**All About Me**

Identify some of your own personal skills and qualities

**My Skills.**

A skill is something you have learnt, for example if you are good at maths/drawing. Think about your skills, can you write a different skill you have in each of the blue boxes? And explain why each skill is important.

Quality –

Why is it beneficial -

Quality –

Why is it beneficial -

Quality –

Why is it beneficial -

Quality –

Why is it beneficial -

Quality –

Why is it beneficial -

Skill –

Why is it important -

Skill –

Why is it important -

Skill –

Why is it important -

Skill –

Why is it important -

Skill –

Why is it important -

**My Qualities.**

A quality is characteristics that you have, for example you might be a good listener or very patient. Can you think of all the different qualities you have and write a different one in each green box? Also why do you think each of the qualities are beneficial.

**My Strengths and Qualities**

**Compliments I have received:**

1.
2.
3.

**Challenges that I have overcome:**

1.
2.
3.

**Things that make me unique:**

1.
2.
3.

**Time I have made others feel happy:**

1.
2.
3.

**Things I am good at:**

1.
2.
3.

**What I like about my appearance:**

1.
2.
3.

**I have helped others by:**

1.
2.
3.

**What I value the most:**

1.
2.
3.