

Example:

## My achievements, my strengths, my weaknesses

You may find it difficult to recognize your own achievements, strengths, and weaknesses. Your achievements include anything that you consider to be a personal challenge that you overcame. Have friends or family members ever told you about the things you do well, or why they are proud of you? Next decide where your weaknesses are. Once you've done this, you can choose what you would like to change and what you are prepared to accept.

### Objective of the exercise:

To learn to assess yourself more discerningly and to have a more sympathetic, but also more realistic opinion of yourself. This will help to improve your self-esteem. Being aware of your strengths and weaknesses will also help you to make decisions in the future (e.g. career choice).

Here is an example to give you some ideas.

### My strengths:

I'm a good listener, I'm good at organizing, I have a good sense of humor, I'm punctual, I'm dependable, I'm good at painting, I'm a good cook

### My achievements:

I finished school, I have my driving license, I have a great circle of friends, I dared to speak to Max, I managed well living alone on my year abroad

### My weaknesses:

I leave a lot of things to the last minute, I spend too much money on clothes, I'm not good at ball games

### Things I want to change:

I would like to do important things sooner and not put them on off anymore, and I will also make a schedule; I will set a monthly budget on how much money I want to spend on new clothes and I will sell old clothes I don't wear anymore.

### Things I am willing to accept:

It's okay that I can't play football very well.