

Self audit form

<i>My Strengths, abilities and skills</i>	<i>Areas I need to develop</i>
<p>Answer the question "What am I good at, what are my strengths and abilities?" Take a few minutes and write down everything you can think of. Don't be modest or undervalue yourself.</p>	<p>Now answer the question "What do I need to improve, what areas of my make-up need working on?" Be realistic, but not too hard on yourself.</p>

Copy this form and ask a trusted friend, relative, etc. to answer the questions for you and compare the results. Add to your form later as more ideas come to you. Keep the completed form for future reference to compare your progress and improvement in all areas.