**Strengths/Weaknesses:**

Generally, I can pick up new skills relatively quickly on the job, so my previous colleagues have tended to think that I am a natural at learning new tasks. This, however, is a difficult mindset to overcome and when I do run into areas in which I may not flourish, the frustration and anxiety I feel about not picking up a skillset is probably much more than that felt by someone who doesn’t appear to be a natural. Even when encouraged by my supervisors or colleagues, there’s a crushing feeling that I may never be good at the skills I’m slow at picking up.

Many of my strengths are soft skills that show up in the workplace. I generally can rally people around a cause or increase the workplace morale, and build and strengthen relationships between peers and even management. As an ambivert, this sort of role can sometimes be tiring, as I expect to always be “on” to boost the morale for the group. When I may be experiencing some personal issues or just having a bad day, I keep this façade up even while feeling like an imposter the entire time.

**Create a SMART goal to address strengths and weaknesses:**

Specific: Be more open and honest with myself with regard to how I feel. It’s ok to have off days and it’s ok to not be a natural at everything. Seek help when you need it. Struggling is not a sign of inherent inability. Reflect on the things that you have learned and the skills you already have, and understand that everyone struggles with something sometimes.

Measurable: Don’t get stuck on a problem for longer than 20 minutes. It’s ok to search for answers and ask people. Use a timer!

Achievable: It may not be very easy at first, and some days may be harder than others, like we’ve seen so far, but it should get better as the days progress.

Relevant: Overcoming the inability to feel defeated when coming across hard problems is a life skill that’s relevant to all aspects of professional and personal development.

Time-bound: Let’s set a time-bound goal of the end of 2020.