List of individual capabilities

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| 1. In your own words, list your areas of strengths 2. Rank each strength on a scale of 1-5 where 1 = weak, 2 = present, 3 = quite strong, 4= strong, 5 = very strong | |
| AREA OF STRENGTHS | How strong?  (1-5) |
| I am open to all valuable ideas about implementing plans | 4 |
| I am very pleased that each team member express his/her thought. | 4 |
| I am cautious about some mistakes. | 3 |
| I am optimistic about most of things. | 4 |
| I am brave. | 4 |
| 1. In your own words, list areas in which you’d like to improve 2. rank how much improvement you think each area needs on a scale of 1-5 where 1 = a bit, 2 =- more than a bit, 3 = a medium amount, 4 = a significant amount, 5 = a lot | |
| AREAS FOR IMPROVEMENT | How much improvement?  (1-5) |
| I may lose my temper for some mistakes. | 3 |
| I am rigid sometimes. | 4 |
| Be fashionable. | 3 |
| Leadership for a team. | 3 |
| Patience. | 3 |