List of individual capabilities

|  |  |
| --- | --- |
| 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) |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| 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) |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |