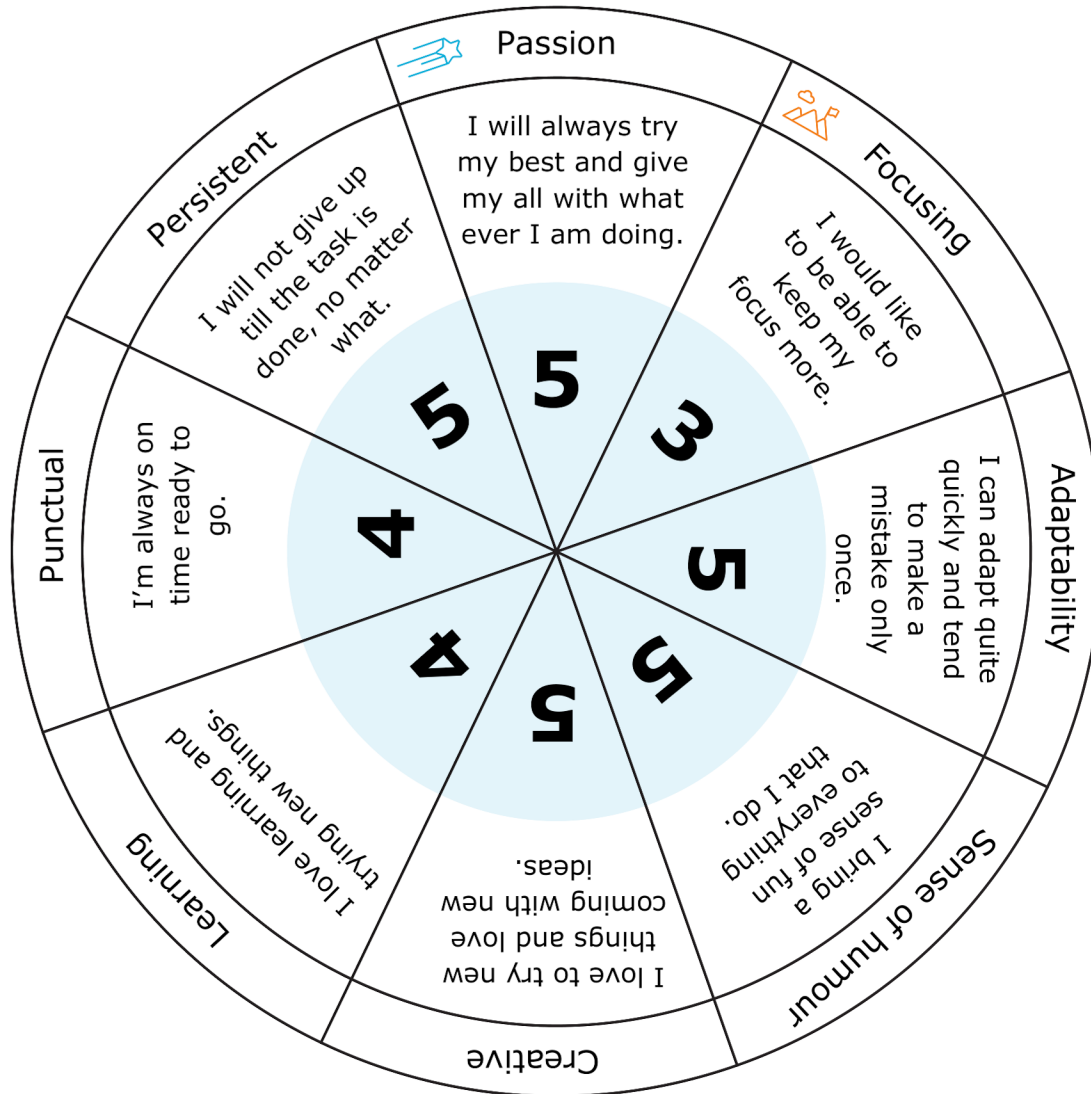


# My strengths



My biggest strengths are:

Passion is definitely one of my strengths. I always put my heart and soul into everything I do. Being persistent is another. I keep going until I feel I get things right.



I would like to get stronger in:

Focusing. I have ADHD, and I sometimes find it hard to complete the task I need to do.

Actions I can take to reach my goal:

1. Having someone remind me to stay on task helps.
2. Stop for a second and just try to refocus on the task at hand.

Someone who can help me reach my goal is:

My family and my best mate are always there to help me if I need it.

I can help other people strengthen their:

I have this natural ability to bring joy and energy with my passion, and that tends to charge others to do the best they can.

Jamie Morris

15 Sept, 2023

Name

Date