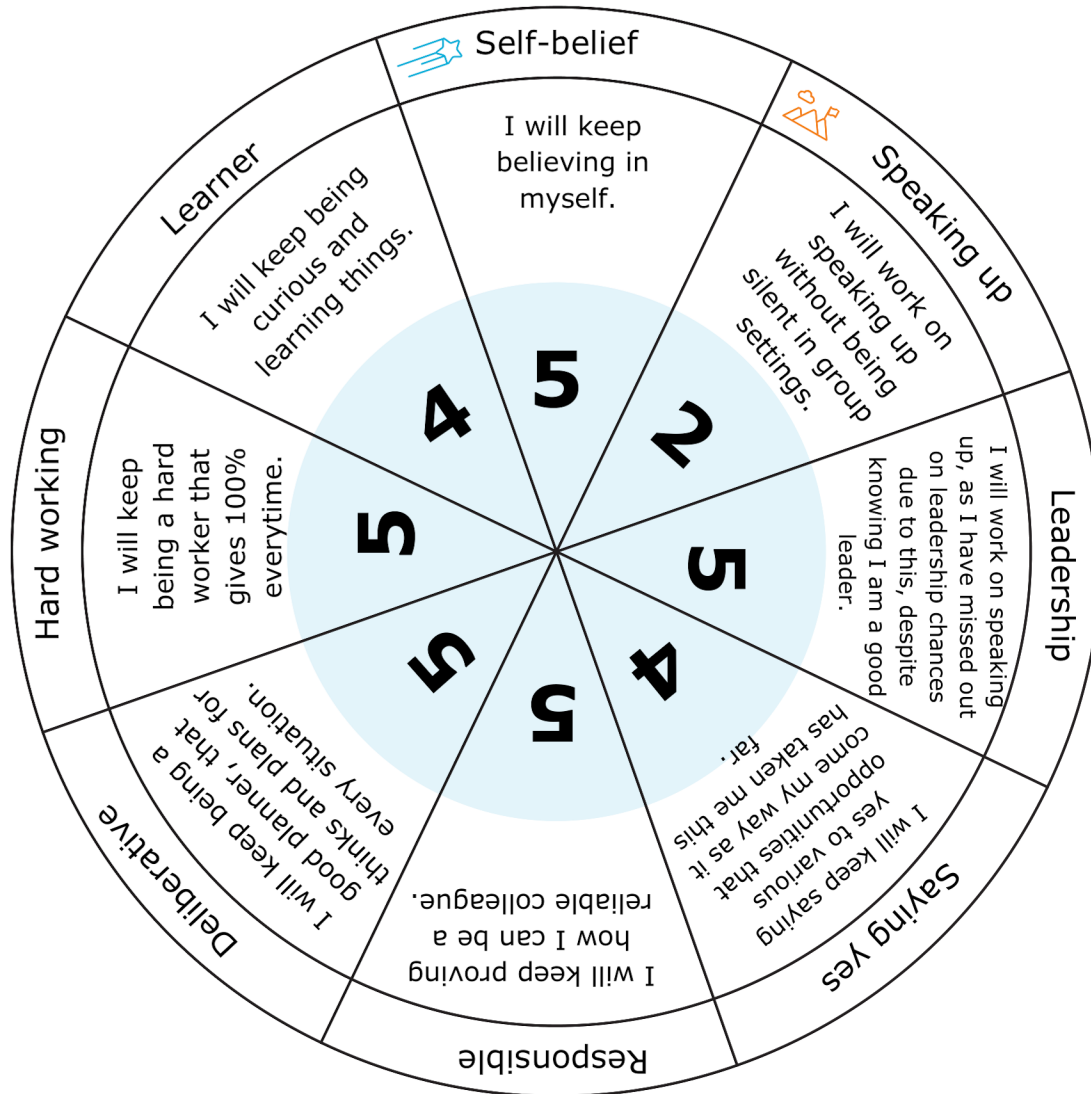


# My strengths



## **My biggest strengths are:**

One of my biggest strengths is believing in myself. I believe that I am capable of achieving great heights in whatever I do, and that drive is what has kept me going.



## **I would like to get stronger in:**

I would like to be better at speaking up in group settings rather than holding my words and thoughts in. This happens, despite my self-confidence as I don't put my hand up in meetings

## **Actions I can take to reach my goal:**

1. Speak up during large meetings when having good ideas or thoughts.
2. Practice this in settings with people I am comfortable around.

## **Someone who can help me reach my goal**

My peers.

## **I can help other people strengthen their:**

Ability to be open to saying yes to various opportunities. I also can help people strengthen their skills in organising things.

Vinuri Silva

21 Sept, 2023

Name

Date