

## Personal and Social Wellbeing - Abilities, interests and potential

Interests	What I enjoy doing	What I am good at
Science		
Taking care of my things		
Finishing what I start		
Being dependable		
Following directions		
Being organized		
Being active		
Being a good friend		
Being honest		
Being polite		
Being with lots of people		
Being alone		
Spelling		
Handwriting		
Mathematics		
Creative writing		
English		
Other languages		
Playing sport		
Being in a team for sport		
Spending time with babies		
Looking after animals		
Spending time with outdoors		

Think about the following: Are the things you are interested in, also things you are good at.....?

Write down 3 things that you think you are strongest in.

What are the 3 things that you would most like to improve in?

Make a list of your top 5 interests.

Share your list with a friend.

**LIFE ISN'T ABOUT  
FINDING YOURSELF.  
LIFE IS ABOUT  
CREATING  
YOURSELF.**

George Bernard Shaw