

# What's *great* about me!

List some or all of your career roles in the first column, one on each page.

List some personal roles (eg, friend, partner, parent, son/daughter, sportsperson, volunteer, group member, My Life Manager etc).

Fill in each of the boxes for each role across the sheet with as many words or short phrases as you can think of.

Do include repeats and do ask other people if you think it might help you.

Do not put anything negative on these sheets, if you think of something negative, try to see what the positive side of that is and put that in.

ROLE	SKILLS / ABILITIES	TRAITS / ATTITUDES	KNOWLEDGE / QUALIFICATIONS	EXPERIENCE / ACHIEVEMENTS	THINGS I LOVE

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# What's *great* about me!

What I have to offer

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What I love to be / do / have

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## 30 second pouring pitch - all about me!

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