

PERSONAL REFLECTION

RECOGNIZING YOUR POTENTIAL

ANSWER THE QUESTIONS using your work and life experiences. The purpose is to provide you with insight into your **natural abilities, strengths and limitations**.



Reflect on the Past

<p>Describe specific assignments or endeavors that have been particularly satisfying or worthwhile to you.</p>	<p>What are some skills or types of work that seemed to be easy for you to develop or handle?</p>
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Reflect on the Past

<p>Describe specific assignments or endeavors that have been particularly unsatisfying or frustrating to you.</p>	<p>What are some skills or types of work that seemed to be difficult for you to develop or handle?</p>
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Consider the Themes

What **natural abilities** or **strengths** did you demonstrate in these experiences?

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From these experiences what did you learn about yourself and your **limitations**?