

Worksheet

Skills development



In the boxes below record any skills you are developing, or could develop, in the different areas of your life.

Home

Hobbies & interests

Part time work

School

**My
transferable
skills**

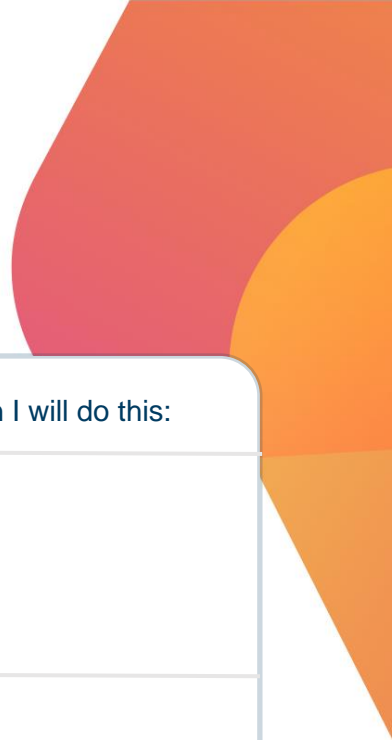
Volunteering

Sport

Music/Drama

With friends

Now write an action plan in SMART terms (specific, measurable, achievable, realistic, within a time frame).



Skills I want to improve:	How I will improve this skill:	When I will do this:

