



LOG YOUR STRENGTHS

Taking time to identify what makes you YOU is important. You may have strengths that someone else doesn't. Use the chart below to list your past experiences and any strengths you used in those roles. No matter where you're at on your career journey, knowing your strengths will lead you to the experiences meant for you.

What experiences have you had?

(school projects, part-time jobs, volunteer work, freelance, life challenges)

EXAMPLE: Barista at a coffee shop

EXAMPLE: Mowed lawns in the neighborhood with a team of friends

What strengths did you use?

(skills, qualities, expertise)

- teamwork & customer service
- problem solving
- multi-tasking & time management

- provided good customer service
- worked with 4 people to coordinate jobs
- detail-oriented