



Key Advice

Guiding questions that can help define personal strengths, weaknesses and challenges:

Strengths

Qualities, abilities or characteristics that contribute positively to achieving goals

- What activities or tasks do you excel at, or enjoy doing?
- What are some skills or qualities that others frequently acknowledge or appreciate about you?
- When do you feel most confident and capable?
- What accomplishments or achievements are you proud of?

Weaknesses

Areas where you may experience limitations, deficiencies or struggles

- What tasks or activities do you find challenging or struggle with?
- Are there any skills or characteristics that you would like to improve?
- What aspects of your personality or behavior do you think might hinder your progress?
- Are there any habits or tendencies that you believe hold you back from reaching your potential?

Challenges

Difficult or demanding situations or obstacles that require effort and wisdom to overcome

- What are some significant obstacles or difficulties you have encountered in your personal or professional life?
- Are there any recurring patterns or roadblocks that you often face?
- What aspects of your current situation or environment pose challenges to your progress?
- Are there any goals or aspirations that you find particularly challenging to achieve?