

# 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**

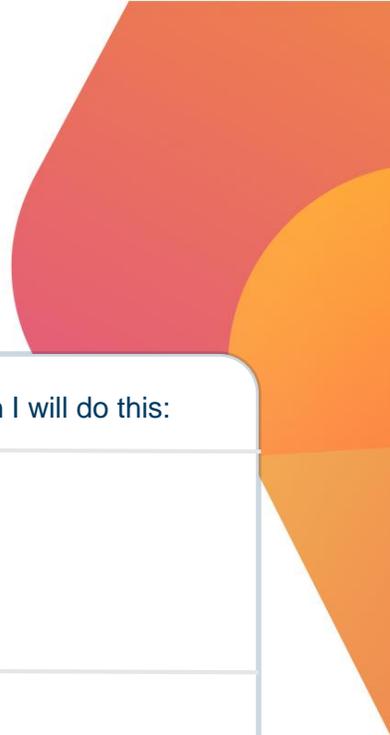
**Sport**

**Music/Drama**

**With friends**

Name: .....

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:

