



## What are your skills?

We often overlook or don't recognise what we've achieved or what skills we've gained through employment, education, volunteer work, leisure, travel, etc.

A very useful exercise is to spend some time thinking about your past and identifying what you've accomplished, things you've done well and especially things that you've enjoyed.

Write these down using the Memory Net below.

### Memory Net

5 – Year Periods (start with the present and go back as far as you like)	Education	
	Activities	Achievements / Skills / Abilities/Knowledge



<b>5 – Year Periods</b> (start with the present and go back as far as you like)	<b>Employment</b>	
	<b>Activities</b>	<b>Achievements / Skills / Abilities/Knowledge</b>



<b>5 – Year Periods</b> (Start with the present and go back as far as you like)	<b>Personal Life / Leisure</b>	
	<b>Activities</b>	<b>Achievements / Skills / Abilities/Knowledge</b>