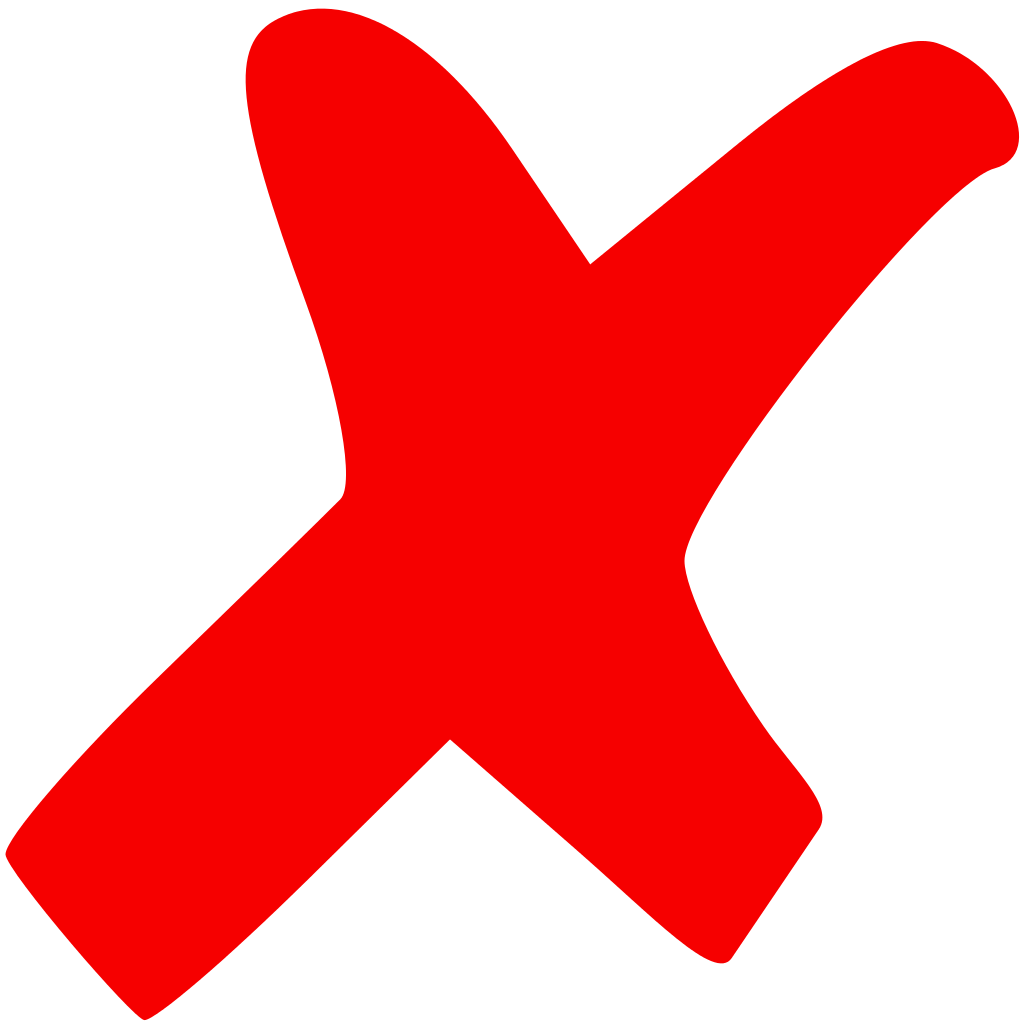
**Areas of development and weakness**

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* What opportunities do you know about?
* How and where can you find more?
* How can you make the best of them?
* How can you explore and develop them?
* Who can help?
* What are the threats, blocks or obstacles to your development and next steps?
* How can you prepare for them to minimise the risk they derail your plans
* How can you turn them into opportunities?

**Threats and blocks**

**Opportunities**

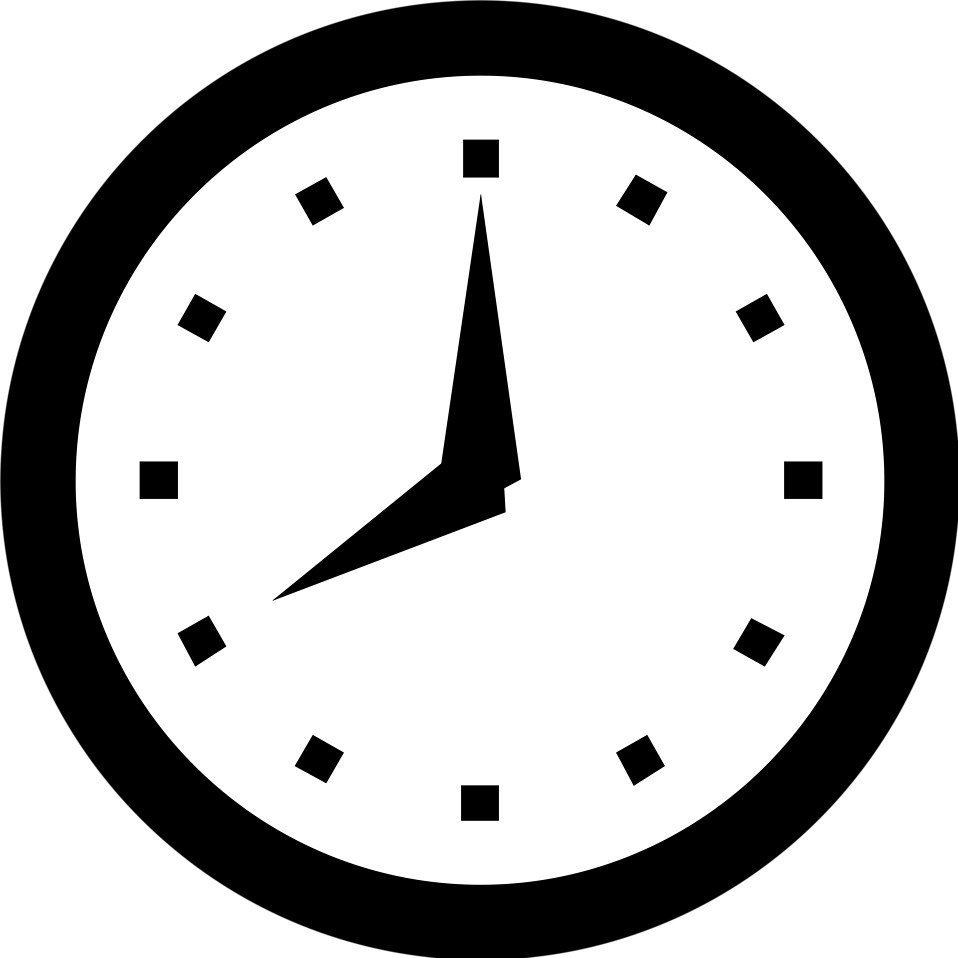
 What you are not so good at

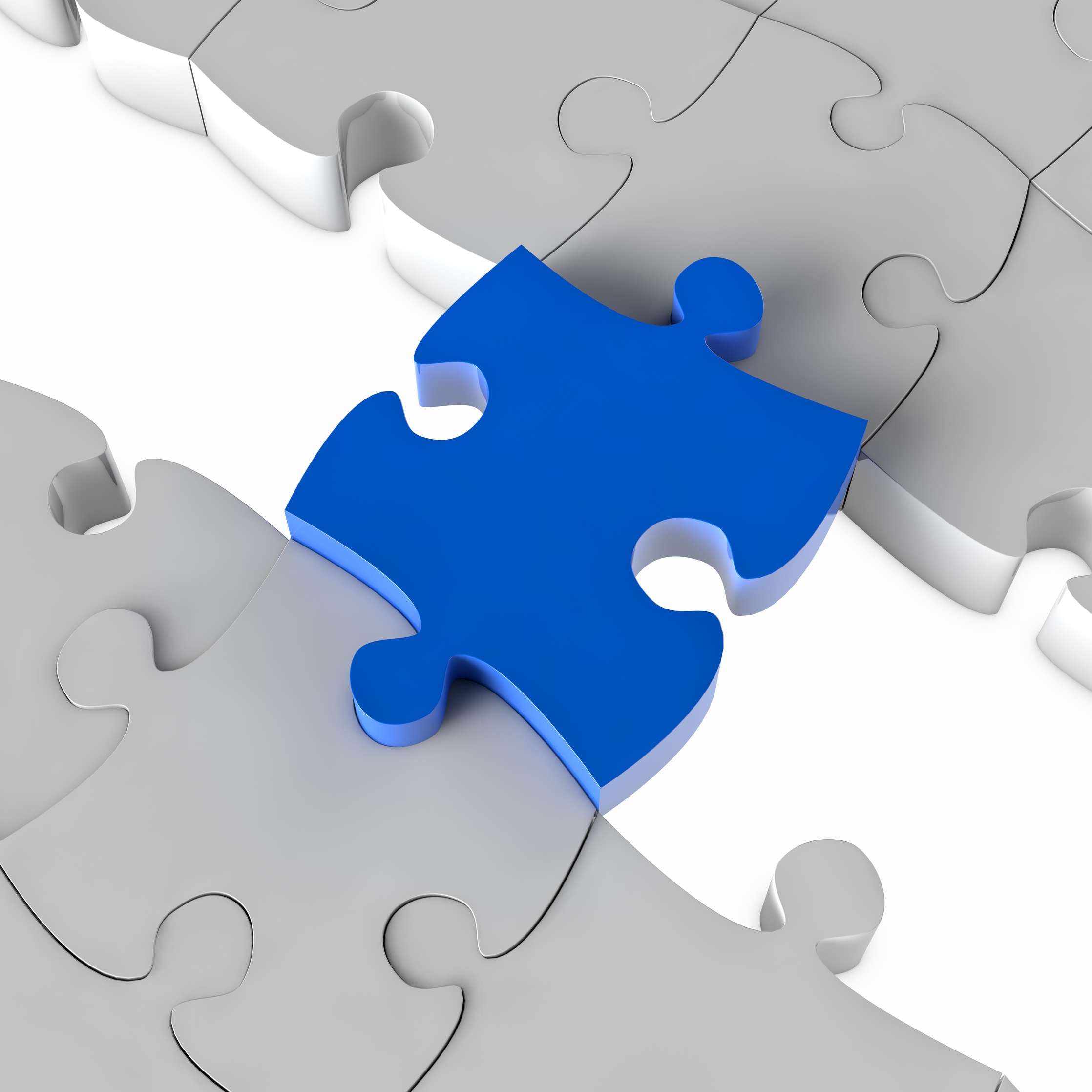
 What you do not enjoy doing

What didn’t go so well



What takes/took a long time to do/learn



 Skills gaps and new skills

What you seek out others for

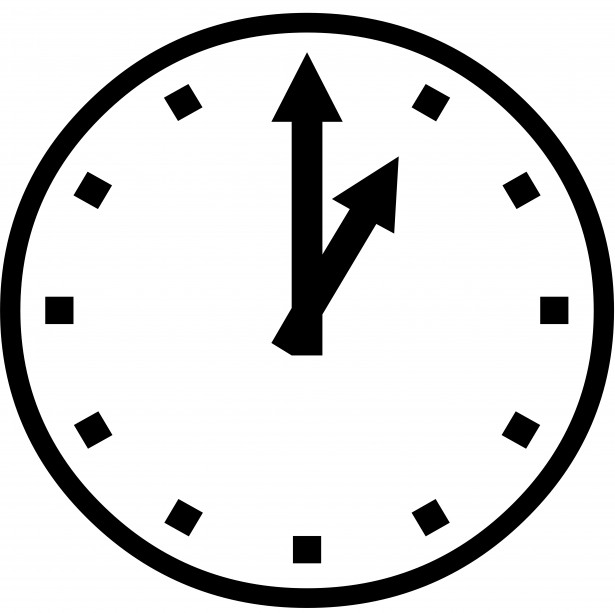


 What you are good at

 What you enjoy doing

 Achievements

What you do/learned quickly



**Rusty** Old strengths

What others seek you out for



**Strengths and achievements**