Please list your skills and qualities below. You can refer to your tick box list of skills and qualities for help but try to think of some that aren’t on the list.

**Remember:** The **difference**; the **differences** **between** a **skill** and a **quality** are that one is learnt, and one is what you are born with. A skill is gained by working in a job or at an educational location. A quality is a part of your personality.

My **skills** are:

My **qualities** are: