

# Individual reflection map

This tool helps you reflect on your skills strengths and the value they bring to your work, as well as supporting you to identify areas to develop.

## Step 1: Identify your skill strengths

**Strengths:** which skills do you feel most confident and comfortable with?

What do these look like in your day to day work?

How do they benefit your daily work?

Have you hidden strengths? Ones you have but don't make use of in your current role. Why is that?

Name one action you could take to address this?

Inner hexagon = **Attitudes**  
Outer hexagons = **Skills**



## Step 2: Identify your skill weaknesses

**Weaknesses:** which skills do you feel less comfortable performing, or least enjoy?

Why do you feel this way about these skills?

In what way do you feel this weaker skill negatively affects your work?

Which do you feel most keen to develop, and why?

What is one action you could take to develop this skill?