

My Balance SHEET

A balance sheet is a tool used for business, however this concept can also be used in order to evaluate yourself. Using the form below create your own personal balance sheet

MY ASSETS

My signature strengths (These are skills and abilities that I perform well)

My potential strengths (Skills and abilities I feel that I could further develop)

My personality strengths (Traits, styles and habits that have helped me be successful)

MY LIABILITIES

My weaknesses (These are skills and abilities that I do not perform well)

My development opportunities (Skills and abilities that I am motivated to improve)

My personality liabilities (Traits, styles and habits that have interfered with my successes)