

# FUTURE me

## Self-Assessment Activity Worksheet

Refer to the results of your self-assessment. What did you find out about yourself?  
Use the table below to record your results.

Sector	Job	Why might this job suit me?

# FUTURE me

Over the next 7 weeks you will be thinking about your skills and how to improve them. First use the table below to give each skill a rating before the next session if you don't understand what the skill is leave it blank.

Week 1	Introduction to the Future Me Programme			
	Skill	Rating	Sector	Rating
Week 2	Self-belief	<input type="text"/>	Creative Industries	<input type="text"/>
Week 3	Self-management	<input type="text"/>	Logistics and distribution	<input type="text"/>
Week 4	Communication	<input type="text"/>	Cyber/AI (within Public Services)	<input type="text"/>
Week 5	Teamwork	<input type="text"/>	Engineering and Advanced Manufacturing	<input type="text"/>
Week 6	Problem solving	<input type="text"/>	Business, Finance and Professional Services	<input type="text"/>
Week 7	Programme summary and next steps			

### My skill rating:

- R = I need help with this skill
- A = I'm ok at this skill
- G = I'm good at this

### My knowledge rating:

- 0 = very poor
- 5 = some
- 10 = very good

## Extension Activity

If you would like to complete another self-assessment, the relevant web links are:

