

# SELF

 LAUNCH

Preparing for Performance Conversations



Name:



## My Successes

Formal objective	Example and evidence	Strengths I used	My enjoyment 1-10
1.			
2.			
3.			
4.			
Achievements I'm proud of			
Tasks that stretched me			
Activities I enjoyed			

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 My Challenges

	Example and evidence	Learned behaviours or weaknesses I used	What strengths could help me?
Tasks I found challenging			
Tasks I would rather avoid			
Tasks I need help with			

 My Future

Realised or unrealised strengths I want to use more	How I might do this
1.	
2.	
3.	
Learned behaviours or weaknesses I want to use less	How I might do this
1.	
2.	
3.	