

Strengths & Challenges Worksheet

We all have strengths that help us achieve our accomplishments and challenges that tend to hold us back. Using the area below, list your strengths and challenges that your mentor can keep in mind and help you to bolster or overcome during your session.

Together, strategize how to use your strengths to meet your goals and minimize the challenges that can prevent you from achieving them.

Strengths	Challenges

Which of the strengths and challenges listed above have the greatest impact on your professional development?

Once completed, please send this sheet to your mentor so you may get started together!