4: Your skills (2)

Think about activities for adults that you have taken part in.

Tick the skills that you have.

\bigcirc	Can you
	plan ahead?
R	manage your time?
	agree your own tasks?
	follow directions?
	be firm when you need to be?
S	take responsibility?
Ö	ask for help?
S	work on your own?
	finish tasks on time?
S	listen carefully?
R	ask questions?
Q	work safely?

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Skilled for Life





