

Skills & Wills Reflection Worksheet

This worksheet helps students begin identifying their unique combination of skills (what they're good at) and wills (what excites or motivates them). Use this as an in-class activity or as a journaling prompt to guide career exploration and personal awareness.

Instructions:

Take a few quiet minutes to reflect and write down your honest responses in the spaces below. There are no right or wrong answers—just what's true for you right now.

Part 1: SKILLS – What am I good at?

These can be academic skills, hobbies, natural talents, or things others say you're great at.

I am good at...

-
-
-
-
-

Part 2: WILLS – What gets me excited or gives me energy?

Think about what topics, activities, or challenges light you up. What would you do even if you weren't paid for it?

I get excited when I...

-
-
-
-
-

Part 3: Connecting the Dots

Looking at your answers above, what career paths or life goals might align with your unique Skills & Wills?

-
-
-

What's one step you can take this week to explore one of those paths?

-