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## SKILL DEVELOPMENT JOURNAL

### ACTIVITY STEPS:

In the space provided below, name and explain 3-4 strengths that you have as an individual:

Next, name and explain 3-4 skills that one of your jobs have that you have completed in the *Exploring Your Careers* worksheet:

Reflect on whether or not your strengths align with the skills needed for that job. If they do match, provide some explains with how you can maintain these strengths. If they do not match, then self-reflect as to how you can learn new skills to match your ideal job: