



Use the 'guide' below to help you decide your score:

- 0 = Never used that skill before in my life!
- 2 = I have used this skill before but not very much, or at least I don't think so?!
- 5 = I'm good at this skill but can improve.
- 8 = This skill is one of my strengths, but I can always get better at it.
- 10 = There is no possible way I can improve on this skill. I am perfect!