



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!*