

Download and print the following form, then fill it out and look at it from time to time.

Strengths	Super Strengths
In the box below write down as many of your playing strengths as you can think of.	In the box below choose the strengths that you believe are your super strengths. These are what makes you the player you are and is most likely why you were selected by the club
Area to improve	Unacceptable Weaknesses
In the box below write down what aspects of your game need improving for you to be successful	In the box below select the areas of your game that need to improve urgently and if you do not develop these aspects it could stop you from having a successful career