

know yourself

SO YOU CAN

sell yourself

WHO AM I?

Write a brief statement about yourself and what is important to you.

(Example: I am smart, sweet, kind but have a temper..., I like..., I don't like..., etc).

WHERE AM I?

Example: I just finished matric.

WHERE DO I WANT TO GO?

I want to find a job, support my family and get my drivers license.

SWOT ANALYSIS OF YOUR LIFE

A SWOT analysis can help you understand yourself better.

A SWOT analysis, is an analysis for your strengths, weaknesses, opportunities and threats.

Strengths: What are you good at? What do you receive compliments for?

Weaknesses: What do you need to improve? What have others told you, you need to work on?

Opportunities: What potential opportunities do you have? What are things you can do or learn?

Threats: What challenges are your away? What can prevent you from getting where you want to be? It could be a shortage or skills or it could be a difficult relationship you have.

In the space on the right, fill in your own Strengths, Weaknesses, Opportunities, and Threats. If you are unsure of what your strengths and weaknesses are, find 3 people (friends, family, ex school teachers) that you trust, and ask them for feedback.

STRENGTHS

*Example: Organised,
People Person.*

WEAKNESSES

*Example: Impatient,
Stubborn.*

OPPORTUNITIES

*Example: Get a drivers
license.*

THREATS

*Example: Bad with time
management.*

NOW THAT YOU ARE GETTING TO KNOW YOURSELF BETTER, WHAT STRENGTHS DO YOU HAVE THAT WILL HELP YOU IN THE WORKPLACE?

Write down 7 strengths and how they will help you in the work place.

Example: I am organized - this will help me in being professional and it will make my work life easier.

1

2

3

4

5

6

7

STAND IN FRONT OF THE MIRROR AND SAY YOUR STRENGTHS OUT LOUD EVERYDAY!

You have had time to reflect on your strengths and weaknesses. In order to be successful in life, you need to believe in yourself. You need to be able to motivate yourself. It is important because it will help you get through the difficult days, when you feel that there are too many challenges. In the video, Bra Thabo told us how he looks in the mirror every morning and says his strengths out loud. You need to come up with 7 of your own motivations. Write them in the space below:

I AM _____

I AM _____

I AM _____

I AM _____

I AM _____

I AM _____

I AM _____

When you wake up in the morning, before you start your day, you need to say your motivations out loud to yourself, two or three times. Make sure you:

1.

STAND UP STRAIGHT

2.

KEEP YOUR SHOULDERS BACK

3.

PUSH YOUR CHEST OUT

4.

STAND WITH YOUR LEGS APART

5.

LOOK YOURSELF IN THE EYE

6.

SAY YOUR MOTIVATIONS TO YOURSELF OUT LOUD WITH CONFIDENCE

VISION BOARD

Get a big piece of paper and some old magazines. Create a vision board of the things you want in your life using pictures to remind you of your goals and dreams. Stick it somewhere you can see it everyday.



congratulations! you are done!

"You have nearly reached the end of the **Know Yourself so you can Sell Yourself** toolkit. We hope that you continue to think about these activities. Now that you have a deeper understanding of yourself, you can use what you have learnt to begin your job search. Keep your positive attitude and empowering beliefs close by, they will keep you persevering, **even when you face challenging times and feel like giving up**. Next up you are going to set goals, so that you know where you are going. Don't ever look back... your bright future lies ahead!"