![Barclays LifeSkills logo]

Spin the Wheel of Strengths

Introduction

In these activities, you will use the Wheel of Strengths to find out how your skills, interests and personality traits match up with a range of job roles. You may discover job roles you hadn't thought of and be surprised at where your skills could take you. You can edit the worksheet by typing into the boxes.

Identifying the skills you already have and those you could improve, can also help you focus your efforts whilst at school, college, or university or in training, and get where you want to go.

Worksheet one: Defining and developing aspirations
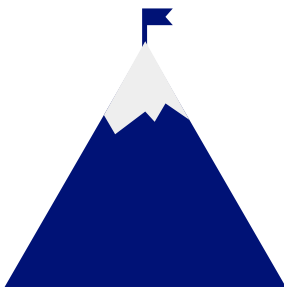
Do you know what the word 'aspiration' means?

Aspiration:
Ambitions or goals that we hope to achieve; these might be short term or long term, ambitious or easily achieved, detailed or rough.

Read and reflect on each of the aspirations below. See if you can add a second goal that could help a person achieve the aspiration. Can you think of any aspirations of your own that you already have? Record some suggestions, along with some ways you could reach them, at the end of the table.

| Aspiration: I want...	Goal: To achieve this I will need to...
To study Media Studies at A-Level	Achieve a good grade in GCSE English
To develop a great CV to help me get my first job	Do some volunteering during my summer holidays which I can include on my CV
To get good feedback at my first performance review on my apprenticeship	Build good relationships with managers when I start
To set up a successful business with lots of employees	Speak to my coach about how I can develop my leadership and teamwork skills as part of my sports team

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Worksheet two: Spin the 'Wheel of strengths'
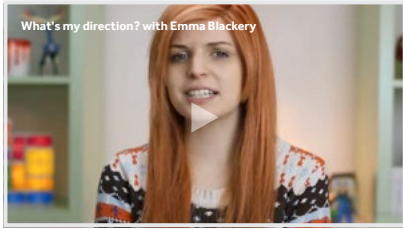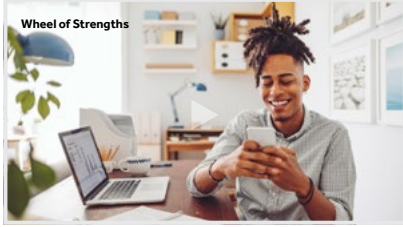
Bring up the **Wheel of strengths**

You will need to start by thinking about what skills you already have, or have been developing recently, and choose between two and seven skills to add to your wheel.

Not sure about the skills on show? Simply click the 'Unsure what some of these mean?' link to view definitions of them all. You can also do more online research into these skills if you like, to understand whether they're ones you already have, or perhaps aspire to be better at.

Fill in the following table to help you decide what skills, interests and personality traits to add to your wheel, recording examples of when you've shown them. (You can fill this in after you spin the wheel if you prefer.) You can spin the wheel with only two items from each category, but it works better the more you choose, so try and go with a higher number for each.

A bit stuck? Youtuber Emma Blackery has some **advice to help you think about what to put on your wheel**

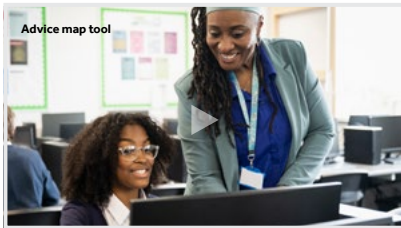| My skills	I show these by…

My interests	I show these by…

My traits	I show these by…

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Worksheet two: Spin the 'Wheel of strengths' (cont'd)

Once you've filled in your skills, interests and personality traits and spun the wheel, you will have six suggested job roles based on what you've selected, which will look like this the image to the left.

Take some time reading about each role and find out more about pathways to get there. The tool focuses on some of the job roles which are predicted to be in growing industries or sectors, like healthcare, engineering, logistics and tech.

It's important to keep in mind what kind of jobs will be available when you are looking for work, along with the qualifications or training required.

Shuffle skills

This feature will show you how developing one skill or another might widen out the kinds of roles you're suitable for even more.

The shuffle skills function also suggests more activities for you to try if you click the 'Develop my…skills' button at the bottom right of the results page. You can search for the skill on the LifeSkills site for even more choice.

It's ok to not be 100% happy with what you get first time around. Check out the Advice map for more information on pathways available to you, and keep working on your skills. And remember, the Wheel of Strengths doesn't include every single job that exists and you can always come back to re-do it in the future.

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Worksheet three: Reflection

Think about at least one of the job roles you learnt about from the Wheel of Strengths, and a skill it requires. How would that skill be useful in that role? How would a person demonstrate that skill in their work?

Were there any jobs roles that surprised you? Why do you find this a surprise, do you think?

You can explore more by selecting the suggested job on your results page if you haven't already.

Got more time?
Do some more research about the training and qualifications needed for a role the Wheel of Strengths suggested for you, particularly one you aren't already that familiar with.

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Worksheet four: My skills action plan

Now you've reflected on your skills and spun the wheel, you're ready to fill in your skills action plan. This will help you record any skills you'd like to work on and keep track of what you're doing to improve. And don't forget, there is always something you can do to develop your skills, even those you think you're already pretty good at.

We've given you an example to get you started, but these actions can include anything the tool suggested for you, or you may have come up with a few ideas during your reflection, as well as things you can do outside of LifeSkills.

My skills action plan

Skill	What I'll do to work on it	Completion date
Communication	**1:** Read the 'Tips to get your opinion across effectively' LifeSkills article	
	2:	
	3:	
Problem solving	**1:** Learn about the six stages of problem solving and practise them yourself in this independent learning activity	
	2:	
	3:	
Resilience	**1:** Go to resilience boot camp at our 'Resilience – putting it into action' page	
	2:	
	3:	
	1:	
	2:	
	3:	
	1:	
	2:	
	3:	