



## ENLIGHTEN EXERCISE #3

### My Personal Balance Sheet

A balance sheet is used in business, but you can also apply this concept to evaluating yourself. Use the form below to create your own Personal Balance Sheet.

<b>My Assets</b>	<b>My Liabilities</b>
My signature strengths (skills and abilities I do well, and others agree I do them well).	My weaknesses (skills and abilities I don't do very well).
My potential strengths (skills and abilities I could develop further).	My development opportunities (skills and abilities I am motivated to improve).
My personality strengths (traits, styles, and habits that help me to be successful).	My personality liabilities (traits, styles, and habits that sometimes can get in the way of my success or, if overused, become liabilities).