

My Weakness Script Worksheet



In this exercise you are going to identify a weakness for you, an area that you need some improvement in, and write a short script to:

1. Capture what the weakness is;
2. How it is also a strength;
3. What you've put in place to make sure that it doesn't get in your way.
4. Then read it out loud and practice saying until you feel comfortable.
5. If you get stuck identifying a weakness, have a look at your **Identify My Strengths Worksheet** to look through for ideas of an area you struggle with.
6. I've written an example script to help you get started.

My Script

Question: What is one of your weaknesses?

EXAMPLE

Question: What is one of your weaknesses?

Answer: I do have a weakness which is also something I think of as a strength! I pay a lot of attention to the detail in everything I do as I want every piece of work I do to be my best work, and the best job that can be done. So obviously this is a big strength because I always pay attention to every detail. However sometimes, I can spend too much time holding onto something to get it exactly right, and for example, a report that should take an hour to put together, might take me an hour and a half as I re-read it a number of times to make sure it's right. I'm working on this now though, and when I know there's going to be a lot of detail in a report I have to produce, I set a limit on a maximum number of proofreads that I'll do, and also a time limit to spend on the job. This has really helped me make sure I'm spending enough time, but not too much time in the details.

