

7 THINGS

...the interview panel must find out about you (proudest achievements, significant skills, talents, etc)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

7 EXAMPLES

...which best showcase your achievements, skills, talents, knowledge, unique selling points, etc

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

7 QUOTES

...that others have said about you in relation to the 7 THINGS and/or the 7 EXAMPLES

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

7 STRENGTHS

What do you do well, what do you enjoy doing, what do others turn to you for, AND what are the things that make you feel strong?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

7 WEAKNESSES

For each of your strengths, consider one possible negative contrast (eg: Strength: *I am reliable and deliver to deadlines.* Negative contrast: *I often find myself saying no to lot's of interesting projects.*)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____