# Learn from what you’re good at

A good way of learning or getting better at something is to use skills and attitudes you already have, or to learn from experience.

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|  | | What are three things you’re good at? |
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|  | How did you get good at these things? Think of strategies, methods or attitudes you used. | |
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| A black background with a black square  Description automatically generated with medium confidence | What do you want to improve? |
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| A black background with a black square  Description automatically generated with medium confidence | How can you use the strategies, methods or attitudes from the things you’re good at to work on what you want to improve? |
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