

## Good at Vs Enjoy Exercise

<p><b>Good at and enjoy</b> These are your strengths.</p>	<p><b>Good at but do not enjoy</b> Skills that you have learnt but do not enjoy carrying out.</p>
<p><b>Not good at but enjoy</b> These may be areas that you would like to develop through gaining further experience/ training.</p>	<p><b>Not good at and do not enjoy</b> These are areas that you maybe best to avoid in your future career path.</p>