



# DEVELOPING PRACTICE

Learning with intention, and practicing new skills, is a key to developing yourself, your relationship with others, and being prepared for the future of work. This Talent Transformation worksheet helps you understand the skills you need to build to reach your goals is a critical step. This worksheet helps your focus by listing the specific skills you want to practice. Then, with those skills identified, you can think about the actions and activities you'll need to do to develop this skill. And, then you can decide on the opportunities you want to seek out to put these skills into practice.

It is best to list the specifics of a skill rather than the overarching skill. For example, “communication” is an overarching term that includes writing, speaking, and listening skills, and you might need to focus on public speaking skills. Finally, keep track of your progress and check off the last column when you’ve made the progress you were seeking.

	Which specific skills do you want to practice?	What actions and activities will you do to enhance this skill?	Which opportunities have you identified to put this skill to practice?	On reflection, how did you develop this skill?
1				
2				
3				
4				
5				