

SOCIAL SKILLS WORKSHEET

NAME

DATE

The social skills that are my strengths

- | | | |
|---|--|---|
| <input type="checkbox"/> Eye contact | <input type="checkbox"/> Conflict Resolution | <input type="checkbox"/> Impulse Control |
| <input type="checkbox"/> Smiling | <input type="checkbox"/> Confidence | <input type="checkbox"/> Helpfulness to Others |
| <input type="checkbox"/> Listening | <input type="checkbox"/> Initiating Conversation | <input type="checkbox"/> Learn from My Mistakes |
| <input type="checkbox"/> Sense of Humor | | |

The social skills I would like to improve

- | | | |
|---|--|---|
| <input type="checkbox"/> Eye contact | <input type="checkbox"/> Conflict Resolution | <input type="checkbox"/> Impulse Control |
| <input type="checkbox"/> Smiling | <input type="checkbox"/> Confidence | <input type="checkbox"/> Helpfulness to Others |
| <input type="checkbox"/> Listening | <input type="checkbox"/> Initiating Conversation | <input type="checkbox"/> Learn from My Mistakes |
| <input type="checkbox"/> Sense of Humor | | |

If I had a social skill superpower, it would be..
