



Skills Builder
PARTNERSHIP



Staying Positive

Skills Report

for Hammad Ausafi

on 06/06/2024

Here's what you answered:

STEP 0	Are you able to tell when you feel positive or negative?	Rarely			
STEP 1	Are you able to tell when <u>others</u> feel positive or negative?	Almost Never			
STEP 2	Are you able to keep trying when something goes wrong?	Rarely			
STEP 3	Are you able to keep trying <u>and stay calm</u> when something goes wrong?	Sometimes			
STEP 4	Are you able to keep trying when something goes wrong, <u>and think about what happened</u> ?	Sometimes			
STEP 5	Are you able to keep trying when something goes wrong <u>and help cheer others up</u> ?	Rarely			
STEP 6	Are you able to keep trying when something goes wrong <u>and encourage others to keep trying too</u> ?	Almost Never			
STEP 7	Are you able to look for opportunities in difficult situations?	Almost Never			
STEP 8	Are you able to look for opportunities in difficult situations, <u>and share these with others</u> ?	Almost Never			
STEP 9	Are you able to look for opportunities in difficult situations, <u>and adapt plans to use these opportunities</u> ?	Almost Never			
STEP 10	Are you able to look for opportunities in difficult situations, <u>and create new plans to use these opportunities</u> ?	Almost Never			
STEP 11	Are you able to identify risks and gains in opportunities?	Rarely			
STEP 12	Are you able to identify risks and gains in opportunities, <u>and make plans to manage them</u> ?	Almost Never			
STEP 13	Are you able to support others to stay positive, by managing your own responses?	Almost Never			
STEP 14	Are you able to support others to stay positive, <u>by helping others to see opportunities</u> ?	Almost Never			
STEP 15	Are you able to support others to stay positive, by helping others to see opportunities <u>and create plans to achieve them</u> ?	Almost Never			



SKILL SCORE

1 / 15

Your Skill Score shows your overall skill mastery, by adding up mastery of each of the steps:

Almost Never	Rarely	Sometimes	Often	Almost Always
+0	+0.25	+0.5	+0.75	+1



YOUR TOP 3 STRENGTHS

- | | |
|---------|--|
| STEP 3 | I keep trying and stay calm when something goes wrong |
| STEP 4 | I keep trying when something goes wrong, and think about what happened |
| STEP 11 | I identify risks and gains in opportunities |



YOUR TOP 3 AREAS FOR DEVELOPMENT

- | | |
|--------|---|
| STEP 1 | I can tell when others feel positive or negative |
| STEP 6 | I keep trying when something goes wrong and encourage others to keep trying too |
| STEP 7 | I look for opportunities in difficult situations |

We recommend starting with

Step 1 of Staying Positive

I can tell when others feel positive or negative

Build Step 1 with online activities

Skills Builder Launchpad: online, interactive modules to build each step from the Universal Framework.

To access Launchpad, go to:

[Build Step 1 of Staying Positive](#)

Learn the building blocks of Step 1

Discover the building blocks of each Universal Framework skill step, and get practical advice on how to apply skills in your work and wider life.

[Visit Staying Positive Step 1 - Universal Framework](#)

Apply Step 1 today

Here's a suggested activity to help you apply this step in your day to day life.

In fiction

Choose a character from a book you have read or a film you have watched. Ask yourself: when did the character feel positive? How did you know? What did they say or do? How about when they felt negative feelings? What caused them to feel that way? Think about how you'd feel in that situation – how might you react?