**Resilient You Project: Video Transcripts**

**Module 2: Skills and Strengths: Skye**

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Why is it important to know what you're good at? I think it's important to know what you're good at mainly to know what to put your focus into. When you know that there's things that you're good at, then you're striving, you enjoy them. And you just want to keep putting your all into that because you know, it's something you're passionate about and that you're good at.

You're not going to know what you're good at, unless you try it. So definitely trial and error all the way, and then when you find something that you do succeed at, then. Put all your focus into it and really give it a red hot crack. How did you figure out what you were good at? I figured out what I was good at because

I paid attention to what I enjoyed and what I like to spend time doing. You're not born with a particular skill. You've got to learn skills. So getting knocked down, just pick yourself up, dust yourself off, try again. List some of your skills and strengths. Hands-on and physical. So whether it's boxing, whether it's going to the gym in the morning and trying to lift

new PB's. Um, I would say I'm a very driven and dedicated person. I put absolutely everything I have, my heart, my soul into anything I put my mind to. Rate yourself on the following. I would probably say I would be a four out of five for physical strength. Mainly because, I'm very physical in the gym and my job is very physical. Mental determination,

I would say a three just because there's always room for improvement there and endurance a three as well. I am a huge believer in never being perfect at anything because there's always room for improvement. What does physical strength mean to you? Physical strength means putting your body and your muscles to the test, really giving things a crack.

When have you shown this strength? Every day of my life. I go to gym every single morning, my whole entire work is physical, you know, lifting things, whether it's moving things. How much can you lift? Physical strength is a priority for me because people just automatically think that I can't. So because I have

One less limb, they think, 'Oh yes, you be able to carry that box'. So I've just always applied myself and really push myself to not show people that they're wrong, but just putting it out there that like, I can. People just don't see beyond what they can physically see. And that's why it's so important.

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