

6L Kung Kiu Laam

I have a lot of strengths and weaknesses. Here are my top three strengths and weakness - I am humorous, sociable and fair.

However, on the other hand, my weaknesses are that I am lazy, impatient and easy to be distracted. I need to improve myself since these weaknesses can directly worsen my grades. I can improve my habits of being lazy by going out more instead of sitting on the couch and watching TV all day. For my other weakness, I could play some family games to train my patience. Lastly, I can try setting a timer to do homework or study. After that, I can get a screen time of ten minutes. That way, I have a goal so I won't get distracted easily.

As the saying goes, "A little progress each day adds up to big result." This quote reminds me to improve myself every day.

6L Lam Chun To

Personally I have a lot of strengths, also a ton a weaknesses I have to improve. First of all, I'm going to list out my top three strengths, the first one is humor. The reason I think I have humor is because when my friends are genuinely depressed, I try to tell some jokes to cheer them up, and they usually laugh and get back up from where they fell. The second strength is being creative, instead of copying other things. Being creative is great. If you keep being creative, when you grow older, you can become an engineer and invent new items. And for last strength is teamwork. I've learnt this from playing sports, for example football, basketball, volleyball, etc. Those sports all require teamwork. I play a lot of sports myself, and I never seem to struggle.

Besides strengths, I also have a lot of weaknesses. For example, I am very lazy. I seldom practise my violin and I also never tidy up my school bag. The second weakness I have is being very impatient. When I ask my mom to do something for me, and she tells me to wait for a minute, I always get mad just for waiting one single minute. The last weakness I have is always giving up. Once I fail to do something, instead of keep pushing myself, I decide to quit.

This quote, "It's not about how hard you hit, it's about how hard you get hit and get back up." is useful to me because it encourages me not to give up.

6L Lung Wan Ting

What are your top three strengths? For me, my top three strengths are good time management, sociable and love learning.

Good time management is my biggest strength. Every morning, I arrange the schedule. This makes me easier to finish the things. Besides, my second strength is sociable because when every new classmate joins our class, I will be the first to make friends with him or her. Moreover, my third strength is love learning as I often prepare before the lessons and review the courses that are taught by teachers after lessons.

Everyone has their own strengths and weaknesses. My weaknesses are lack of confidence, stubborn and impatient. When I am dancing in competitions, I am always lack of confidence. I am very stubborn in everything. When my brother has questions that he does not understand, I will explain it to him. But if he still doesn't understand, I will be angry with him. I will try to be more patient. I will also participate in competitions to build up my confidence.

"Sometimes the smallest step in the right direction ends up being the biggest step of your life." This quote is useful to me as it reminds me to be more tolerant.

6L Muk Jing Yi Khloe

Do you have any strengths and what are the things you need to improve?

My first strength is dancing. I started dancing when I was three. I love dancing because dancing can improve the condition of my heart and lungs. My second strength is running. I like running because it can help build strong bones and muscles, as it is a weight bearing exercise and also burn plenty of calories. My third strength is I'm kind to the P.1 students because I will foster trust and strengthens bond with others, leading to deeper and more meaningful relationship.

The three things that I need to improve are time management, laziness and doing things at the last minute. Time management - because sometimes when I go out some of my friends need to wait for me so I should improve this. Lazy - sometimes my mum told me to wash the dishes but I was still watching TV and didn't reply her. Hand-in things at deadline - I did some homework at the very latest minute.

"The only way to do great work is to love what you do." This quote it useful to me because I am filled with more energy when I hear this sentence.

6L Yeung Kwai Wa

My top three strengths are adaptability, leadership and creativity. Since I possess elastic-like energy, a willingness to bend and break habits and to challenge myself when circumstances change, I think that I am quite adaptable. I can keep up with this strength by keeping an open mind, learning to embrace changes and practising mindfulness.

However, I need to improve my poor time management, disorganization and coldness. By coldness I'm not saying I'm cold-hearted. It's just sometimes I come off as being chilly to others. I can't tell if I'm guarded or aloof, and the vibe I give off often makes others afraid to get to know or get close to me. I can improve myself by identifying the cause, practise opening up to others and taking things slow.

The quote "A little progress each day adds up to big result" is inspiring to me. The reason this quote is useful to me is because the quote emphasizes the power of consistent effort and incremental steps towards achieving our goals. Therefore, this quote is useful and inspiring to me.