

# My Profile: Abilities & Challenges



## About Me (A Little Information)

Information	Details
Hometown	[Write your city/town]
Favorite Hobby:	[Write your favorite hobby]
Favorite Food:	[Write your favorite food]

## What I CAN Do! (My Abilities / My Superpowers)

Physical:

- I can [Write a sport verb, e.g., play soccer / swim / run fast].
- I can [Write an action, e.g., ride a bike / jump high].

Creativity/Skills:

- I can [Write a skill, e.g., draw / sing a song / cook easy food].

Language/Others:

- I can [Write a language, e.g., speak Spanish / write a little English]

## What I CAN'T Do! (My Challenges / My Kryptonite)

Physical:

- I can't [Write a physical limit, e.g., lift a heavy box / do a somersault].
- I can't [Write a sport limit, e.g., play basketball / ski].

Culinary

- I can't [Write a food limit, e.g., eat spicy food / drink coffee].

Others:

- I can't [Write a skill limit, e.g., play the guitar / drive a car / use Photoshop]