FINDING OUR STRENGTHS

Check off any strengths you have and remember you don’t have to do it perfectly for it to be a strength!

Participant’s Name: ____________________________________________

- Able to forgive
- Authentic
- Artistic (singing, cooking, dancing, & other forms of expression)
- Brave
- Comfortable asking for help
- Creative
- Curious (try something new or do something different)
- Dependable
- Determined
- Enthusiastic
- Fair
- Finish what I start
- Flexible
- Friendly (and able to keep friends)
- Generous
- Good problem solver
- Have characteristics of a leader
- Have skills to keep a job
- Integrity (doing the ‘right’ thing even when no one is watching)
- Love of learning
- Optimistic
- Organized
- Patient
- Perspective (see things from different points of view)
- Physically active
- Playfulness (humor)
- Respectful of others
- Self-respecting
- Spirituality (your faith and beliefs)

What would you add?

Count them up! Total strengths checked: __________

How many of the qualities did you see on this list that you didn’t recognize as strengths?