



Discovering My Strengths

Take a few moments to reflect on the strengths, qualities, and abilities that make you who you are. There are no right or wrong answers. Be honest and kind to yourself as you complete each section, and remember that strengths can show up in both big and small ways.

What are some strengths I have?

What am I good at?

What qualities do others appreciate about me?

A time I felt proud of myself

What happened

What strengths did I use

What challenges have helped me grow

Three qualities I want to continue developing