■ Circle of Strengths Worksheet

This worksheet is designed to help you rediscover and celebrate your personal strengths.

Instructions:

- 1. Write your name in the center of the circle.
- 2. Around the circle, list your strengths—qualities that have helped you survive and grow.
- 3. Add new strengths over time as you recognize them.
- 4. Revisit your circle whenever you need a reminder of your resilience.

