



Everyone has strengths — things they're good at, ways they help, qualities people love about them. They're worth knowing about yourself.

CIRCLE EVERY STRENGTH THAT FITS YOU

Kind	Curious	Funny	Brave	Patient	Creative
Honest	Helpful	Hardworking	Caring	Loyal	Smart
Determined	Generous	Calm	Adventurous	Thoughtful	Loving
Strong	Forgiving	Imaginative	Gentle	Fair	Persistent
Reliable	Optimistic	Resilient	Welcoming	Listener	Cheerful
Focused	Friendly	Bold			

MY TOP 3 — AND A STORY FOR EACH

- 1. Strength:** _____
A time I used this:

- 2. Strength:** _____
A time I used this:

- 3. Strength:** _____
A time I used this:

