

What are your STRENGTHS?

Let's talk about your STRENGTHS. If you can identify your strengths, you can easily work on WEAKNESSES that can be improved.

Remember, strength:

is part of your personality

makes you unique

is how people usually see you as a person

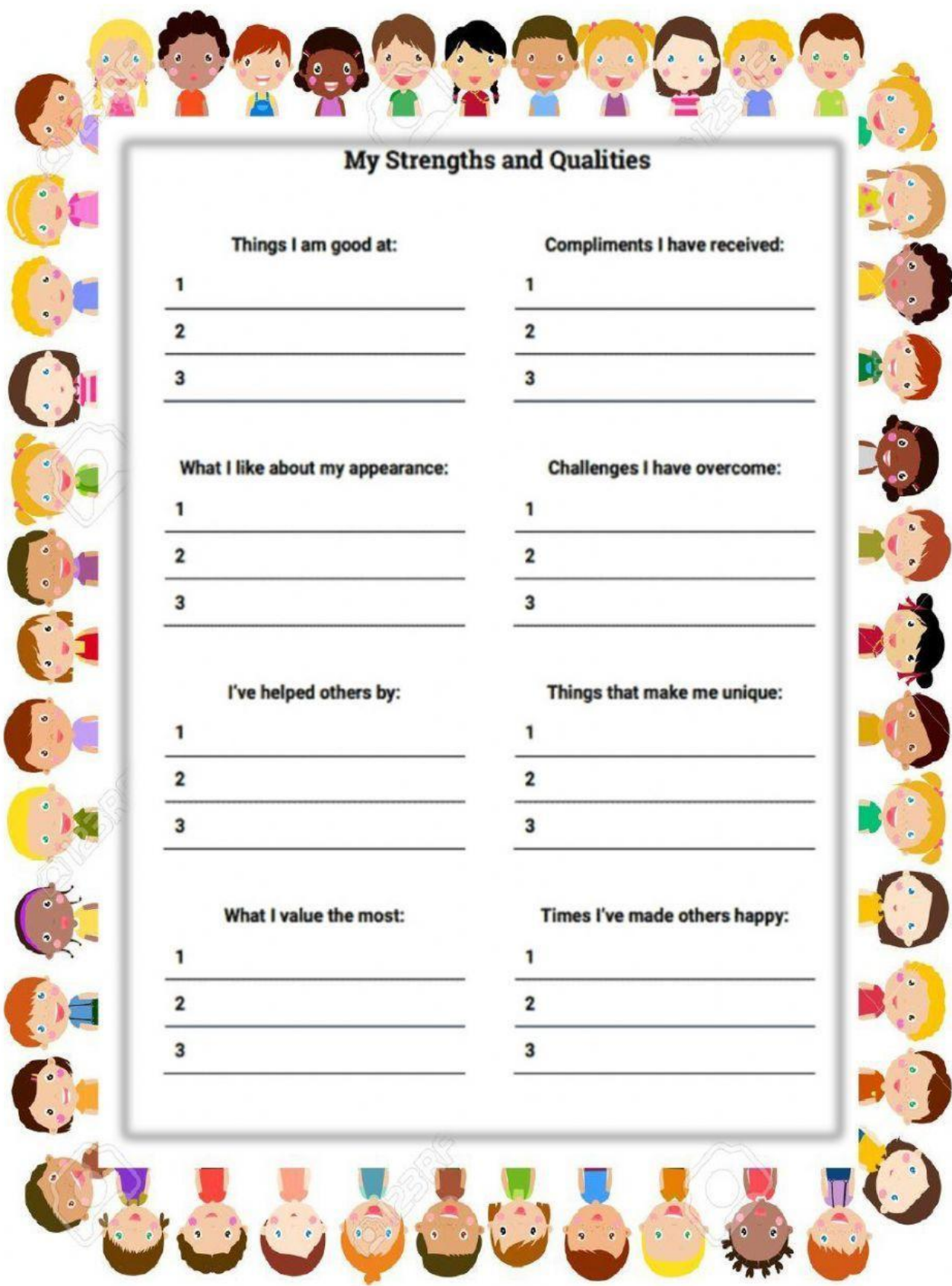


My biggest strength is _____

In addition, my strength is _____

Also, my strength is _____





My Strengths and Qualities

Things I am good at:

1

2

3

Compliments I have received:

1

2

3

What I like about my appearance:

1

2

3

Challenges I have overcome:

1

2

3

I've helped others by:

1

2

3

Things that make me unique:

1

2

3

What I value the most:

1

2

3

Times I've made others happy:

1

2

3