

Name _____

Date _____

MY STRENGTHS

Good at

OTHER PEOPLE ALWAYS SAY THAT I'M GOOD AT

Positives

POSITIVE WORDS I WOULD USE TO DESCRIBE MYSELF

Proud of

A TIME WHEN I FELT REALLY PROUD WAS

Successful

THINGS I'VE BEEN SUCCESSFUL AT

Like

SOMETHING I LIKE ABOUT MYSELF

Best quality

MY BEST QUALITY

Talents

I THINK THAT MY TALENTS ARE

HOW CAN YOUR STRENGTHS HELP YOU TO REACH YOUR GOALS?
