

FINDING OUR STRENGTHS

Check off any strengths you have & remember you don't have to do it perfectly for it to be a strength!

Client's Name: _____

- | | |
|--|---|
| <input type="checkbox"/> Able to forgive | <input type="checkbox"/> Good problem solver |
| <input type="checkbox"/> Authentic | <input type="checkbox"/> Have characteristics of a leader |
| <input type="checkbox"/> Artistic (singing, cooking, dancing, & other forms of expression) | <input type="checkbox"/> Have skills to keep a job |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Integrity (doing the 'right' thing even when no one is watching) |
| <input type="checkbox"/> Comfortable asking for help | <input type="checkbox"/> Love of learning |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Optimistic |
| <input type="checkbox"/> Curious (try something new or do something different) | <input type="checkbox"/> Organized |
| <input type="checkbox"/> Dependable | <input type="checkbox"/> Patient |
| <input type="checkbox"/> Determined | <input type="checkbox"/> Perspective (see things from different points of view) |
| <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Physically active |
| <input type="checkbox"/> Fair | <input type="checkbox"/> Playfulness (humor) |
| <input type="checkbox"/> Finish what I start | <input type="checkbox"/> Respectful of others |
| <input type="checkbox"/> Flexible | <input type="checkbox"/> Self-respecting |
| <input type="checkbox"/> Friendly (and able to keep friends) | <input type="checkbox"/> Spirituality (your faith and beliefs) |
| <input type="checkbox"/> Generous | |

Count them up! Total strengths checked: _____

How many of qualities did you see on this list that you didn't recognize as strengths?

