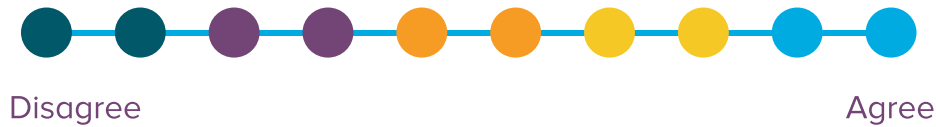


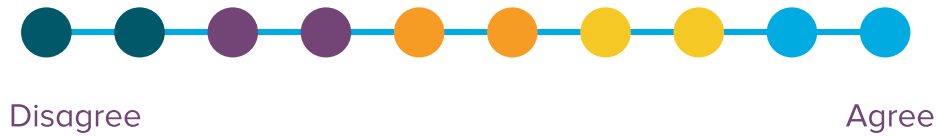
# Knowing my strengths statement cards

Plot on the scale the extent to which you agree with each of these statements

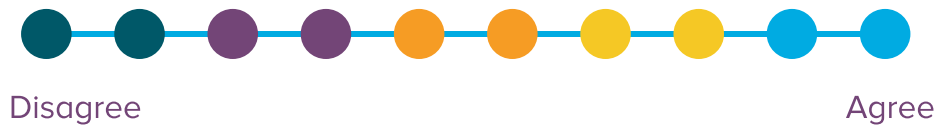
Q1. Everyone has strengths



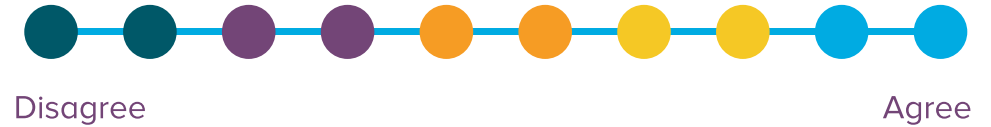
Q2. It's important to have goals in life



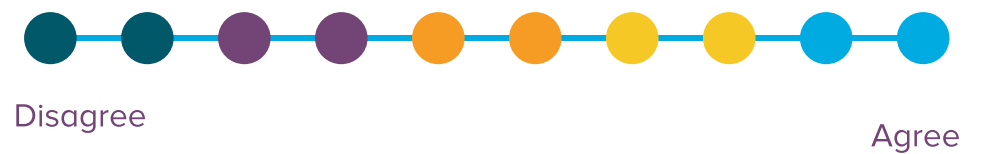
Q3. Life experiences can be painful but they help us to learn about ourselves



Q4. It's possible to overcome most challenges with the right support



Q5. Future possibilities are more important than past problems



Q6. I know my own strengths

