

Knowing my strengths



Recognising your strengths is the first step in feeling able to cope with challenges. Tick the ones that you think apply to you and add your own.

Qualities

Open minded
Kind
Sense of humour
Hopeful
Practical
Creative
Determined
Fair
Hard working
Forgiving
Logical
Curious

Skills

Art
Sports
Good listener
Writing
Dance
Active
Planning
Team player
Leadership
Acting
Public speaking
Gaming

Interests

Sports
Volunteering
Exercise
Science
History
Maths
Books
Board games
Animal welfare
Mindfulness
Cooking
Swimming

Values

Religion
Having a voice
Social justice
Learning
Gratitude
Being independent
Second chances
Giving back
Caring for nature
Happiness
Freedom
Being successful

What areas would you like to develop?
How might you start?