

# 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?