

EMBRACE YOUR INNER STRENGTHS

A Guide to Recognizing Your Unique Skills and Attributes



Strengths & Qualities Inventory

Welcome to your personal journey of discovering and celebrating your strengths and qualities. This worksheet is designed to help you reflect on the unique skills and traits that make you who you are. Remember, everyone has strengths—even if they’re hard to see at first. Let’s explore yours together!

Understanding Your Strengths

Strengths are your skills and abilities—the things you’re good at doing. **Qualities** are your personality traits and inner values—the characteristics that define who you are. As you work through this worksheet, keep in mind that every person has strengths and qualities worth celebrating.

Gentle Reminder: “Everyone has strengths—even if they’re hard to see.”

My Strengths List

What am I good at? Reflect on your skills and abilities. Use the space below to jot down your thoughts.

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My Personal Qualities

What kind of person am I? Consider the traits that make you unique, like being kind, resilient, creative, or patient.

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Strengths in Action

Reflect on moments when your strengths and qualities shone through. Use the table below to document these experiences.

Strength/Quality	Example of When I Used It	How It Helped Me

Compliments & Feedback

What have others appreciated about me? Reflect on feedback you've received from friends, family, teachers, or coworkers. Use this space to capture those moments of appreciation.

Growth Reflection

Consider how you can grow and continue to utilize your strengths and qualities.

- **A strength I want to use more is...**

- **One quality I'm proud of is...**

- **I sometimes forget that I am...**

Confidence Boost Scale

Rate your current awareness of your strengths on a scale of 1 to 5. Use stars, hearts, or sparkles to make it fun!

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Remember, this is a tool for self-reflection and growth. Embrace your journey with kindness and curiosity. You are capable of amazing things!