

MY PERSONAL STRENGTHS

Check the strengths that apply to you, indicating for each one whether it is very prominent in you (++ circle), less prominent (+ circle) or needs work (+ - circle). You can update this list regularly to track your progress.

	++	+	+ -
I'm a humble person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm brave	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm creative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have common sense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm curious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can feel gratitude	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm honest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a good sense of humour	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm generous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can lead a group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can be humane	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm persistent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	++	+	+ -
I like to learn new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm careful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I work well in groups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can forgive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can be responsible	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm open-minded	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I listen to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm patient	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to express my emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take initiative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm energetic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm positive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm affectionate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

THINK OF SOME OF YOUR OTHER STRENGTHS.

When you experience difficulties, don't hesitate to reread this list to remind yourself of your strengths. It will help you find the solutions that work best for you.