

Name: _____

Personal Strengths – How You Treat Others

Personal strengths are positive qualities or skills that help you handle challenges, work with others, and reach your goals. Certain personal strengths focus on how you treat others. They can be different for everyone.

1. Reflect on how you treat others. Circle your top three strengths in this area. Underline two qualities you can improve on.

forgiveness	generosity	honesty	kindness
patience	perseverance	responsibility	respectfulness

2. Think about the top three strengths you circled. Write an example of how you show this strength.



_____ - _____

3. Think about the two qualities you can improve on. Write an example of how you can improve this quality.

_____ - _____

_____ - _____
