

Name: _____

Personal Strengths – How You Interact with 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 interact with others. They can be different for everyone.

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

clear communication	cooperation	empathy	flexibility
leadership	listening skills	patience	teamwork

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.

_____	-	_____
_____		_____
_____		_____
_____	-	_____
_____		_____
_____		_____