

Name: \_\_\_\_\_

## Personal Strengths – How You Learn New Things

**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 learn new things. They can be different for everyone.

1. Reflect on how you learn new things. Circle your top three strengths in this area. Underline two qualities you can improve on.

|                      |                   |              |                 |
|----------------------|-------------------|--------------|-----------------|
| asking for help      | critical thinking | creativity   | curiosity       |
| following directions | focus             | organization | problem-solving |

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.

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