

Name: _____

Personal Strengths – How You Treat Yourself

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 yourself. They can be different for everyone.

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

adaptability

confidence

independence

motivation

optimism

planning ahead

self-discipline

trying your best

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.