

Name: _____

Personal Strengths

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

How You Treat Others

- forgiveness
- generosity
- honesty
- kindness
- patience

How You Interact with People

- clear communication
- cooperation
- empathy
- flexibility
- leadership



Preview

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

- adaptability
- confidence
- independence
- motivation
- optimism
- planning ahead
- self-discipline
- trying your best