

Noticing Strengths

You are stronger than you think! Use the prompts below to help you identify your own strengths and the strengths that make your friends and family great.

NOTICING PERSONAL STRENGTHS

My top five strengths:

1. _____
2. _____
3. _____
4. _____
5. _____

My friends' top five strengths:

1. _____
2. _____
3. _____
4. _____
5. _____

NOTICING FRIENDS' STRENGTHS

My family's top five strengths:

1. _____
2. _____
3. _____
4. _____
5. _____

NOTICING YOUR FAMILY'S STRENGTHS