

## Personal Strength

Take a few minutes to think about strengths you have. Circle the ones below that best describe you. Remember, having a strength doesn't mean you must demonstrate it all the time, it's just one of the qualities that you have. For example, you can be both serious & funny or perhaps methodical yet flexible – it depends on the situation you're in.

reliable	sensitive	polite	inventive	affectionate	conscientious
realistic	trusting	methodical	hopeful	independent	pleasant
forceful	modest	helpful	intelligent	outgoing	sincere
natural	frank	obliging	friendly	emotional	generous
loyal	sensible	open-minded	gentle	reflective	optimistic
organised	trustworthy	good-natured	industrious	imaginative	active
careful	rational	attractive	charming	likeable	capable
understanding	tolerant	ambitious	efficient	logical	flexible
curious	considerate	artistic	courageous	strong	confident
energetic	mature	assertive	motivated	consistent	relaxed
reflective	loving	supportive	analytical	forgiving	humorous
honest	responsible	patient	cheerful	spontaneous	competitive
clever	discreet	fair-minded	kind	intellectual	tactful
witty	dominant	thoughtful	informal	practical	wise
quiet	serious	reserved	calm	easy-going	resourceful
cautious	strong-minded	academic	adventurous	adaptable	determined

Identifying your personal strengths helps to reinforce the positive aspects of what makes you 'you'. At times when we feel low or stressed, we tend to focus in on our weaknesses and forget to look at the bigger picture.

**If there are any other strengths that are not on the list, add them in.**

