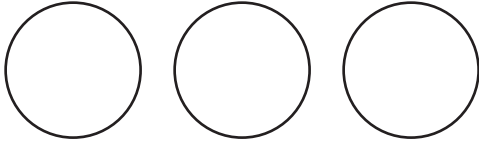


TODAY'S DATE:

CONFIDENCE **GROWS** AS YOU LEARN MORE ABOUT YOURSELF.
USE THIS WORKSHEET TO IDENTIFY SOME OF YOUR UNIQUE
STRENGTHS AND QUALITIES.



MY STRENGTHS AND MY QUALITIES

THINGS THAT MAKE ME UNIQUE

1.

2.

3.

THINGS I AM INTERESTED IN

1.

2.

3.

THINGS I AM GOOD AT

1.

2.

3.

COMPLIMENTS I HAVE RECEIVED

1.

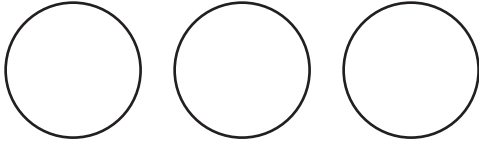
2.

3.



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MY STRENGTHS AND MY QUALITIES

CHALLENGES I HAVE OVERCOME

1.

2.

3.

I HAVE HELPED OTHERS BY

1.

2.

3.

THINGS I VALUE THE MOST

1.

2.

3.

TIMES I HAVE MADE OTHERS SMILE

1.

2.

3.

