

My Strengths Inventory

Student Name Date

A. List four successful experiences you have had in the last 12 months:

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B. List four everyday things you do well:

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C. List two things you could teach someone else:

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D. List 10 positive words to describe yourself:

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E. List two things that really matter to you:

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F. List two things you can do for yourself that will always make you feel good:

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G. List two people who you can count on for help and support:

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