It is proven science that if you know your strengths and use them on a regular basis, you will live a happier, healthier life. Take a look at some of the concepts below and circle which ones you’d consider to be your strengths. Bring the completed worksheet to your next session if you’d like to discuss these in great detail. Perhaps determine why you did *not* circle certain terms. Are these valuable strengths to have? If so, how can you work on getting better at them?

|  |  |  |  |
| --- | --- | --- | --- |
| **A List of Commonly Reported Strengths** | | | |
| Wisdom | Artistic Ability | Curiosity | Leadership |
| Empathy | Honesty | Open Mindedness | Persistence |
| Enthusiasm | Kindness | Love | Social Awareness |
| Fairness | Bravery | Cooperation | Forgiveness |
| Modesty | Common Sense | Self-Control | Patience |
| Gratitude | Love of Learning | Humor | Spirituality |
| Ambition | Creativity | Confidence | Intelligence |
| Athleticism | Discipline | Assertiveness | Logic |
| Optimism | Independence | Flexibility | Adventurousness |
|  |  |  |  |

**List each strength you circled above and come up with three ways in which you feel you exhibit each strength.**

**List those strengths you did not circle. Write yes/no next to each you feel are of value and are not of value. For those that are, list three ways in which you feel you can get better at these strengths.**

**What other strengths of yours come to mind? Why do you consider each of these to be strengths?**