

PERSONAL STRENGTHS

Name: _____ Date: ___/___/___

Directions: Put a check (☑) next to any sentence that describes you. When you've finished put a star (*) next to the 3 sentences that best describe you.

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| _____ I'm reliable. | _____ I'm energetic. |
| _____ I'm friendly. | _____ I'm a good listener. |
| _____ I'm easy to get along with. | _____ I'm polite. |
| _____ I try to follow instructions. | _____ I'm honest. |
| _____ I like to do things with others. | _____ I'm hard-working. |
| _____ I like to do things on my own. | _____ I'm usually on time. |
| _____ I like to help other people. | _____ I'm serious. |
| _____ I like to keep things neat and organized. | _____ I'm generous. |
| _____ I'm proud of myself. | |
| _____ I like to have a good time. | _____ I can keep a secret. |
| _____ I don't brag too much. | _____ I'm a good friend. |
| _____ I stick with things 'til they get done. | _____ I'm a good student. |
| _____ I can work out my problems on my own. | _____ I'm musical. |
| _____ I'm artistic. | |
| _____ I ask others for help when I need it. | _____ I'm creative. |
| _____ I can help others work out their problems. | _____ I'm good with words. |
| _____ I can "get to the heart of things". | |
| _____ I'm good with mechanical things. | _____ I'm good with my hands. |
| _____ I have good common sense. | |

Use this space to write down your other strengths:

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