

Identify your strengths

We all have strengths – positive qualities that are part of who we are, or things that we're good at. It's much easier for us to play to our strengths during times of stress than it is to try to manage or improve on our weaknesses.

Read through the list of possible strengths below on your own and put a check mark beside those you feel are your own personal strengths. If you have a strength that isn't listed, add it to the blank lines at the end!

☐	Gratitude	You're aware of good things that happen and don't take them for granted.
☐	Spirituality	Your beliefs shape your actions and are a source of comfort to you.
☐	Hope	You expect the best in the future, and you work to achieve it.
☐	Appreciation of beauty	You notice and appreciate beauty and excellence in all domains of life.
☐	Humour	Bringing smiles to other people is important to you.
☐	Curiosity	You like exploration and discovery.
☐	Creativity	Thinking of new ways to do things is a crucial part of who you are.
☐	Judgement	You think things through and examine them from all sides.
☐	Love of learning	You have a passion for mastering new skills, topics and bodies of knowledge.
☐	Perspective	People who know you consider you wise.
☐	Bravery	You don't shrink from threat, challenge, difficulty or pain.
☐	Honesty	You live your life in a genuine and authentic way.
☐	Perseverance	You work hard to finish what you start.
☐	Zest	You approach everything you do with excitement and energy.
☐	Love	You value close relationships with others.
☐	Humility	You don't seek the spotlight, and others recognize and value your modesty.
☐	Kindness	You're kind and generous to others.

My top strength is:

One way I have used this is:

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