

What Are Your Strengths and Outstanding Qualities?

Everyone has strengths and qualities they can be proud of. Ask yourself the questions below and try to identify three answers for each.

What do I do well?

- 1 _____
- 2 _____
- 3 _____

What compliments have I received?

- 1 _____
- 2 _____
- 3 _____

What challenges have I overcome?

- 1 _____
- 2 _____
- 3 _____

What compliments have I given to others?

- 1 _____
- 2 _____
- 3 _____

What makes me unique?

- 1 _____
- 2 _____
- 3 _____

What do I like about my appearance?

- 1 _____
- 2 _____
- 3 _____

What do I value most?

- 1 _____
- 2 _____
- 3 _____

