

MY PERSONAL STRENGTHS SHEET

Place a check mark next to each strength that you think you have. You might also have your spouse or children go over the list and tell you which ones they think you have, too. Sometimes other people see our strengths more than we do.

- | | |
|--|---|
| <input type="checkbox"/> able to give orders | <input type="checkbox"/> don't give up |
| <input type="checkbox"/> able to take orders | <input type="checkbox"/> eager to get along with others |
| <input type="checkbox"/> able to take care of self | <input type="checkbox"/> eager to please |
| <input type="checkbox"/> accepts advice | <input type="checkbox"/> effective |
| <input type="checkbox"/> admires others | <input type="checkbox"/> efficient |
| <input type="checkbox"/> affectionate | <input type="checkbox"/> elegant |
| <input type="checkbox"/> alive | <input type="checkbox"/> encourages others |
| <input type="checkbox"/> appreciative | <input type="checkbox"/> enjoys taking care of others |
| <input type="checkbox"/> articulate | |
| <input type="checkbox"/> artistic | <input type="checkbox"/> fair |
| <input type="checkbox"/> assertive | <input type="checkbox"/> feeling |
| <input type="checkbox"/> athletic | <input type="checkbox"/> forceful |
| <input type="checkbox"/> attractive | <input type="checkbox"/> frank and honest |
| | <input type="checkbox"/> friendly |
| <input type="checkbox"/> bright | <input type="checkbox"/> funny |
| <input type="checkbox"/> brave | |
| <input type="checkbox"/> businesslike | <input type="checkbox"/> generous |
| | <input type="checkbox"/> gets along with others |
| <input type="checkbox"/> calm | <input type="checkbox"/> gets things done |
| <input type="checkbox"/> can be firm if necessary | <input type="checkbox"/> gives a lot |
| <input type="checkbox"/> caring | <input type="checkbox"/> goal setter |
| <input type="checkbox"/> clean | <input type="checkbox"/> good cook |
| <input type="checkbox"/> committed | <input type="checkbox"/> good dancer |
| <input type="checkbox"/> common sense | <input type="checkbox"/> good friend |
| <input type="checkbox"/> communicates well | <input type="checkbox"/> good leader |
| <input type="checkbox"/> compassionate | <input type="checkbox"/> good listener |
| <input type="checkbox"/> considerate | <input type="checkbox"/> good looking |
| <input type="checkbox"/> cooperative | <input type="checkbox"/> good manners |
| <input type="checkbox"/> courteous | <input type="checkbox"/> good neighbor |
| <input type="checkbox"/> creative | <input type="checkbox"/> good parent |
| | <input type="checkbox"/> good singer |
| <input type="checkbox"/> daring | <input type="checkbox"/> good with details |
| <input type="checkbox"/> dedicated | <input type="checkbox"/> good with words |
| <input type="checkbox"/> dependable | <input type="checkbox"/> good with your hands |
| <input type="checkbox"/> diligent | <input type="checkbox"/> graceful |
| <input type="checkbox"/> disciplined | <input type="checkbox"/> grateful |
| <input type="checkbox"/> do what needs to be done | |

MY PERSONAL STRENGTHS SHEET (CONTINUED)

- happy
- hard worker
- healthy
- helpful
- honest
- humorous

- independent
- inspiring
- intelligent

- joyful

- keeps agreements
- kind and reassuring

- leadership
- likes responsibility
- lots of friends
- lovable
- loving
- loyal

- makes a difference
- makes a good impression
- mathematical
- mechanical
- motivates others
- musical

- never gives up

- observant
- often admired
- orderly
- organized
- on time
- open
- patient
- peaceful

- physically fit
- pleasant
- positive attitude

- quick learner

- religious
- resilient
- respectful of authority
- respected by others
- responsible
- risk taker

- self-confident
- self-reliant
- self-respecting
- sense of humor
- sensitive
- speak several languages
- spiritual
- spontaneous
- straightforward and direct
- strong

- team player
- tolerant
- trusting
- truthful

- understanding
- unselfish

- visionary

- warm
- well-dressed