

Name: _____ Date: _____

PERSONAL STRENGTHS

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

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

Use this space to write down your other strengths:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Source: *Speak Up for Yourself and Your Future*, by K. F. Furney, N. Carlson, D. Lisi, S. Yuan, and L. Cravedi-Cheng, 1993, Burlington: University of Vermont. Copyright 1993 by University of Vermont. Reprinted with permission.