MY STRENGTHS MAP

Name: _____

Date: _____

Everyone has strengths. Some are easy to see, and some hide in plain sight. Fill in each branch, using the word bank if you get stuck.

I'm good at...
School, sport, hobbies, at home

People say I'm...
Ask a friend, teacher or family member

I lose track of time when...
What I could do for hours

ME

_____

I'm proud of...
Something I did, or something hard I kept at

I help others by...
Big or small ways

My interests
Topics, games, music, places, ideas

Word bank

Circle any that sound like you.

Creative · Curious · Funny · Kind · Brave · Energetic · Determined · Problem solver · Builder · Storyteller · Sporty · Loyal · Fair · Notices details · Imaginative · Good listener · Musical · Techy · Great with animals · Calm in a crisis · Big-picture thinker · Honest

Use a strength this week

This week I'll use my strength of _____ **to** _____

A strength I noticed in someone else: _____

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