

## Strength List

Sometimes, it can be difficult to recognize what we are good at. Once we start thinking about it, it can make us feel more confident and our wellbeing can improve.

For each letter, try and identify one or more things you are good at:

<b>A</b>	<b>For example adaptable, accurate...</b>
<b>B</b>	
<b>C</b>	
<b>D</b>	
<b>E</b>	
<b>F</b>	
<b>G</b>	
<b>H</b>	
<b>I, J</b>	
<b>L</b>	
<b>M</b>	
<b>N</b>	
<b>O</b>	

P	
Q	
R	
S	
T	
U	
V, W	