

My Strengths

Sometimes, it can be difficult to recognize our own strengths. Once we start realizing all the things we are good at, our confidence can build up, and our wellbeing can improve.

Try and identify your strengths using the worksheet below:

A	For example - adaptable, action-oriented...
B	
C	
D	
E	
F	
G	
H	
I, J	
L	
M	
N	
O	

P	
Q	
R	
S	
T	
U	
V, W	