

# Personal Strengths Reflection Mat

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## 1. My Top Strengths

What are your top strengths?  
(List or add counters)

1

2

3

4

5



## 2. What These Strengths Look Like

How do you use your strengths?  
Give examples.



## 3. My Strengths in Action

When have you used your strengths recently?  
What happened?



## 4. How Others See Me

What strengths do others see in you?  
(Friends, family, teachers)



## 5. Strengths Goals

How will you use your strengths to help you grow or achieve a goal?



## 6. I Am Proud Because...

What are you proud of about yourself?



## Reflection:

How do you feel about your strengths today?



Very Proud



Proud



Okay



Unsure



Not Yet