

# Strengths Cards

Cut out the cards and use them to build self-awareness, celebrate strengths and encourage each other.



**Kind**

I am caring and treat others with respect.



**Brave**

I try new things and face challenges.



**Creative**

I use my ideas to think of new solutions.



**Focused**

I stay on task and do my best work.



**Good Friend**

I listen, support and am there for others.



**Respectful**

I value others and treat everyone fairly.



**Determined**

I keep going even when it's tough.



**Honest**

I tell the truth and can be trusted.



**Resilient**

I bounce back and don't give up easily.



**Problem Solver**

I find ways to solve problems and help others.



**Curious**

I ask questions and love to learn.



**Team Player**

I work well with others towards a goal.



**Organised**

I plan ahead and keep my things in order.



**Confident**

I believe in myself and share my ideas.



**Positive**

I look for the good and keep a positive attitude.



**Grateful**

I notice the good things and show appreciation.



**Independent**

I take initiative and do things on my own.



**Hardworking**

I put in effort and take pride in my work.



**Empathetic**

I understand others and care about their feelings.



**Fair**

I make fair choices and include others.