





















PERSONAL STRENGTHS





REFERENCE POSTER

We all have strengths. These are things we are good at, things we enjoy, and qualities that help us and others.





COMMON PERSONAL STRENGTHS

<p>1</p>  <p>CREATIVE I come up with new ideas.</p>	<p>2</p>  <p>ORGANIZED I plan ahead and stay on track.</p>	<p>3</p>  <p>KIND I care about others.</p>	<p>4</p>  <p>DETERMINED I keep trying and don't give up.</p>	<p>5</p>  <p>GOOD COMMUNICATOR I listen, speak and share clearly.</p>
<p>6</p>  <p>TEAM PLAYER I work well with others.</p>	<p>7</p>  <p>CURIOUS I ask questions and want to learn.</p>	<p>8</p>  <p>HARDWORKING I give my best effort.</p>	<p>9</p>  <p>RESPONSIBLE I take ownership and do my part.</p>	<p>10</p>  <p>CONFIDENT I believe in myself.</p>
<p>11</p>  <p>FAIR I treat others with respect.</p>	<p>12</p>  <p>PROBLEM SOLVER I look for solutions to challenges.</p>	<p>13</p>  <p>PUNCTUAL I am on time and ready.</p>	<p>14</p>  <p>HELPFUL I help others when I can.</p>	<p>15</p>  <p>CALM I stay steady and manage my feelings.</p>
<p>16</p>  <p>ATTENTIVE I pay attention and stay focused.</p>	<p>17</p>  <p>GROWTH MINDSET I learn from mistakes and keep improving.</p>	<p>18</p>  <p>POSITIVE I look for the good and stay hopeful.</p>	<p>19</p>  <p>TRUSTWORTHY I am honest and reliable.</p>	<p>20</p>  <p>PERSISTENT I keep going, even when it's hard.</p>

REFLECTION PROMPTS

-  What are three strengths I have?
-  When have I used one of my strengths recently?
-  How do my strengths help others?
-  What is a strength I want to keep building?

HOW TO USE THIS POSTER

-  Look through the strengths and notice which ones feel like you.
-  Circle or highlight your top strengths.
-  Talk about your strengths with a partner or group.
-  Use your strengths to reach your goals and help others.

 **YOUR STRENGTHS ARE UNIQUE. VALUE THEM. USE THEM. GROW WITH THEM.**