

Strengths Exploration Worksheet

Knowing and using our strengths helps us feel happier, have better self-esteem, and be more likely to accomplish our goals.

What are your strengths? Think over your life and all the things paths you've traveled and obstacles you've overcome. What character strengths helped you get where you are today?

Circle your strengths from the choice below, or add your own at the bottom.

Wisdom	Artistic Ability	Curiosity	Leadership
Empathy	Honesty	Open Mindedness	Persistence
Enthusiasm	Kindness	Love	Social Awareness
Fairness	Bravery	Cooperations	Forgiveness
Modesty	Common Sense	Self-Control	Patience
Gratitude	Love of Learning	Humor	Spirituality
Ambition	Creativity	Confidences	Intelligence
Athleticism	Discipline	Assertiveness	Logic
Optimism	Independences	Flexibility	Adventurousness