

My Strengths and Qualities Worksheet

Name: _____ Age: _____

Gender: _____ Date: _____ dd / mm / yyyy

This worksheet is designed to help you reflect on your strengths and positive qualities. Identifying and appreciating your strengths is a key step toward building self-awareness, improving relationships, and achieving your goals. Take your time to complete each section thoughtfully.

1. Strength/quality: _____

Examples or instances:

Feelings/impact:

2. Strength/quality: _____

Examples or instances:

Feelings/impact:

3. Strength/quality: _____

Examples or instances:

Feelings/impact:

4. Strength/quality: _____

Examples or instances:

Feelings/impact:

5. Strength/quality: _____

Examples or instances:

Feelings/impact:

6. Strength/quality: _____

Examples or instances:

Feelings/impact:

7. Strength/quality: _____

Examples or instances:

Feelings/impact:

8. Strength/quality: _____

Examples or instances:

Feelings/impact:

1. What accomplishments are you most proud of, and how did your strengths contribute to these successes?

2. How have your strengths positively influenced your relationships with family, friends, or colleagues?

3. In what ways can you use your strengths to pursue and achieve your future goals?

4. Identify a current challenge and reflect on how your strengths can help you navigate it.

Additional notes - Specify below: