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My Strengths List Worksheet

Five steps: tick the strengths that fit, back up your top five, hear from someone else, use one on purpose, and spot where one might be overdone.

01 Tick the strengths that sound like you

Sixty positive traits in five groups. Tick anything that fits you more often than not. There's no right number, and you don't need to be the best at it.

Heart

- [ ] Kind
- [ ] Loyal
- [ ] Patient
- [ ] Caring
- [ ] Generous
- [ ] Gentle
- [ ] Forgiving
- [ ] Warm
- [ ] Thoughtful
- [ ] Compassionate
- [ ] Affectionate
- [ ] Supportive

Mind

- [ ] Curious
- [ ] Creative
- [ ] Sensible
- [ ] Open-minded
- [ ] Quick to learn
- [ ] Good at solving problems

- [ ] Able to see the bigger picture
- [ ] Observant
- [ ] Imaginative
- [ ] Organised
- [ ] Practical
- [ ] Love learning new things

Courage

- [ ] Honest
- [ ] Determined
- [ ] Brave
- [ ] Hard-working
- [ ] Reliable
- [ ] Bounce back after setbacks
- [ ] Willing to try new things
- [ ] Stand up for others
- [ ] Independent
- [ ] Disciplined
- [ ] Speak up when something's wrong
- [ ] Take responsibility for my mistakes

With others

- [ ] Funny
- [ ] Fair
- [ ] A good listener
- [ ] Friendly

- [ ] Encouraging
- [ ] Good at reading a room
- [ ] A team player
- [ ] Respectful
- [ ] A peacemaker
- [ ] Good at taking the lead
- [ ] Easy to talk to
- [ ] Trustworthy

Inner

- [ ] Calm
- [ ] Hopeful
- [ ] Grateful
- [ ] Humble
- [ ] Self-aware
- [ ] Content with simple things
- [ ] Guided by faith or a sense of meaning
- [ ] Notice beauty
- [ ] Enthusiastic
- [ ] Adaptable
- [ ] Self-controlled
- [ ] Playful

Any strengths of mine that aren't on the list:

_____

_____

02 Evidence for my top 5

Pick the five ticks that feel most like you. For each one, write a real moment you showed it. Specific beats impressive: 'I sat with my sister in A&E all night' counts.

Strength	A time I showed it When, where, what I did

03 What others would say

Ask one person you trust: 'What do you think I'm good at, as a person?' Write down what they say before you argue with it.

Who I asked, and what they said:

Did they name something I didn't tick? What do I make of that?

04 A strength I'll use on purpose this week

Choose one of your top five and use it in a way you don't normally. If you're curious, try a new café or a podcast on a subject you know nothing about. If you're kind, do one thing for a stranger.

The strength I'll use:

The new way I'll use it, and when:

Afterwards: how did it go, and how did it feel?

05 Strengths that can overdo it

Any strength can tip over when you lean on it too hard. Kind can become people-pleasing (if that one rings true, the people-pleasing worksheet goes further). Honest can become blunt, determined can become stubborn, hard-working can become burnt out, organised can become controlling, and funny can become a way to dodge hard feelings. Pick one or two of yours.

My strength	What it looks like overdone	What 'just right' looks like

06 Looking back

Reading back over this page, what do I want to remember about myself on a hard day?

When you're done, a moment to reflect

- Which strength did you hesitate to tick, and what made you hesitate?
- Which strength do you show easily with others but rarely with yourself?
- Who in your life brings out your best qualities, and what do they do?
- Which strength has carried you through something hard?
- What would change this week if you trusted one of your strengths a little more?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/strengths-list-worksheet

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.