



STRENGTHS MAP

Making Progress Visible.



S3-011

STUDENT _____ DATE _____ SESSION _____

Recognizing your strengths helps you build confidence,
make good choices, and keep moving forward.
Use this map to identify the strengths you already have and how you use them.

WHAT ARE YOUR STRENGTHS?

List your personal strengths, skills, and positive qualities.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

WHERE DO YOU USE THEM?

Choose 3 strengths from your list and write how and where you use them.



Strength: _____

How/Where I Use It: _____



Strength: _____

How/Where I Use It: _____



Strength: _____

How/Where I Use It: _____

HOW DO THEY HELP YOU?

How do your strengths help you reach your goals and handle challenges?

STRENGTHS IN ACTION

What is one strength you will use this week? How will you use it?

Strength I Will Use:

How I Will Use It This Week:

REMEMBER: You have the tools. You have the map. You are in control of the journey.