

Personal Strengths Map

This worksheet helps you explore and visualize your strengths and how you use them in daily life.

Examples:

Example Strengths:

- Work: Problem-solving, leadership
- Relationships: Empathy, active listening
- Personal Growth: Adaptability, curiosity

Instructions:

1. Write your name in the center of the page.
2. Create branches for categories like 'Work,' 'Relationships,' 'Personal Growth,' and 'Hobbies.'
3. Under each branch, list specific strengths you use in those areas.
4. Reflect on which strengths you use most and which you'd like to develop further.

