

Strengths Spotlight Worksheet

This worksheet is designed to help you identify your strengths and unique qualities. Reflect on your abilities, achievements, and positive traits as you complete each section.

1. List 5 things you are good at (skills, hobbies, subjects, etc.):

Five horizontal grey bars for writing answers to question 1.

2. Write down 3 compliments you've received recently:

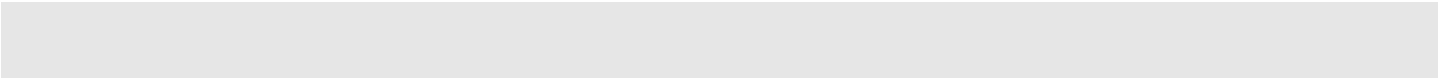
Three horizontal grey bars for writing answers to question 2.

3. Describe a time when you solved a problem or helped someone. What did you do?

Three horizontal grey bars for writing answers to question 3.

Reflection Questions:

- How do these strengths make you unique?



- How can you use these strengths to achieve your goals?

