

humantold

Inventory of Personal Strengths

This activity will have you making notes continuously about your personal strengths. Include strengths that you have had in the past, but may not be using at present. Some examples are provided, but if you are having some trouble ask a trusted support or friend

Type of Strength	Your Examples
Mental abilities (good memory, common sense)	
Physical abilities (sleep well, high energy)	
Personality characteristics (don't give up easily)	
People skills (patience, good listener)	
Work skills (computer skills, gets along with others)	

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Healthy habits (stopped smoking, don't drink soda)

Knowledge (well read in an area of interest)

Talents (can make people laugh)

Experience (been through difficult times, know how to survive)

Other strengths: