AGES 5–12 PRINTABLE WORKSHEET

My Personal Strengths



WHAT THIS IS

Everybody has strengths. Noticing yours helps you feel proud and ready for hard things.

HOW TO USE IT

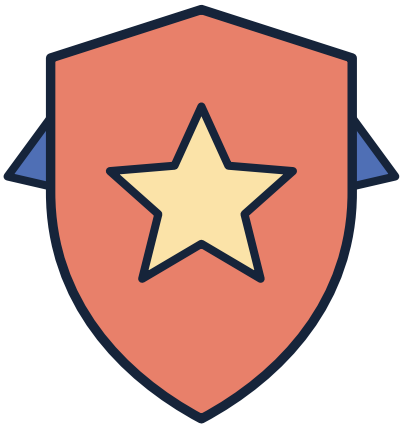
1. Circle every strength that sounds like you.
2. Ask someone who knows you well to add one.
3. Write about a time you used a strength.

EXAMPLE

*"I am **kind**. I helped my friend when she fell."*

Circle your strengths

Kind | Brave | Funny | Creative | Helpful | A good listener | Curious | Strong | Honest | Patient | Good at sharing | A good friend | Hard working | Caring | Smart | A problem solver



I am a ____ hero!

Someone told me I'm…

_____

_____

A time I used my strength…

_____

_____

Something I'm proud of:

_____

_____

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