FIND OUT YOUR STRENGTHS

THINK ABOUT YOUR STRENGTHS

1. WHAT DO I LIKE TO DO?
2. WHAT AM I GOOD AT?
3. WHY DO PEOPLE LIKE ME?
4. HOW DO I LEARN BEST?
5. WHY AM I A GOOD PARENT?

DISCOVER YOUR STRENGTHS

1. ASK YOUR FAMILY OR FRIENDS
2. ASK YOUR BOSS OR CO-WORKERS
3. ASK YOUR CHILD
4. LOOK AT YOUR HOUSE
5. LOOK AT YOUR FAMILY
6. LOOK AT YOUR LIFE

CHOOSE A STRENGTH

1. _____ FEED & CHANGE A BABY
2. _____ COOK A NICE MEAL
3. _____ GET & KEEP A JOB
4. _____ PAY THE BILLS
5. _____ HAVE A BEAUTIFUL SMILE
6. _____ TAKE CARE OF OUR PETS
7. _____ TALK TO MY CHILD
8. _____ PLAY WITH MY CHILD
9. _____ FILL THE CAR WITH GAS
10. _____ SHOP FOR GROCERIES