

My strengths

Student worksheet



Due: __ / __ / __

Choose 2-3 different people who know you well.
It could be a parent, a teacher or a friend.

Ask them to tell you what they think is one of your personal strengths.
Then, ask them to give you an example of that strength.

Example

I spoke to... my mum

They said one of my strengths is...that I am thoughtful of others

An example of this strength is...that I often ask her if there is anything I can do to help her



You can watch how to do this on the video ([click here](#))



Now, it's your turn

I spoke to...

They said one of my strengths is...

An example of this strength is...

I spoke to...

They said one of my strengths is...

An example of this strength is...

I spoke to...

They said one of my strengths is...

An example of this strength is...

