

strengths and weaknesses

worksheet

I am good at

I am not very good at

I enjoy

I hate

I am interested in

I am bored by

I am proud of

I wish I was better at

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Things that make
me unique

I have helped
others with/by

What I value
the most

I love about myself

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Which of these qualities
do you have?

Wise	Social Awareness	Self-Controlled
Adventurous	Athletic	Team player
Empathic	Persistent	Educated
Logical	Optimistic	Creative
Enthusiastic	Leadership	Open Mindeded
Intelligent	Artistic	Disciplined
Fair	Flexible	Curious
Spiritual	Honest	Independent
Modest	Assertive	Trustworthy
Patient	Kind	Reliable
Gratitude	Confidet	Curious
Forgiving	Brave	Original
Ambitious	Humorous	Observant