

Strengths

Other people always say that I'm good at...	Positive words I would use to describe myself are...	A time when I felt really proud was...
Something I've been successful at is...		I think my friends/family like me because...
Something I like about myself is...	Something tough that I have gotten through is...	My best quality is...
I think that my talents are...		My greatest accomplishment has been...

How can your strengths help you reach your social goals?
