

MY SKILL & STRENGTHS

You have more skills and strengths than you think. We can usually see other people's capabilities much clearer than our own gifts and talents. Circle any of the positive traits below that apply to you. This will remind us of how gifted we are.

It is alright if you do not circle many of the squares here. Your strengths may be beyond the meager 25 strengths I listed here.

I'm articulate	I'm a good writer	I'm observant	I'm detail-oriented	I'm friendly and warm
I'm a good listener	I'm understanding	I'm good with numbers	I'm organized	I'm a good cook
I'm fashionable and stylish	I'm good with IT	Take good care of my body and eating habits	I'm confident	I'm level-headed and logical
I'm fearless in expressing my emotions	I'm loving and emphatic	I'm a loyal friend	I'm generous	I have a sense of humour
I'm wise and give good advice	I'm fun to be with	I'm flexible and adaptable	I'm a supportive friend	I'm quick-thinking