



Worksheet 1 – Finding your Unique Strengths & Qualities

To help you identify your strengths and skills, ask yourself questions like:

- What do I like and/or value about myself?
- What are some of my achievements?
- How might someone who cares about me describe me?
- What gives me energy?
- I am resilient. What helps me bounce back?
- How have I faced/overcome the challenges I have had?
- How have I been able to meet my needs?

Here is a list of strengths you may like to include when completing your own list below:

Honest	Good Listener	Creative	Curious
Reliable	Humorous	Fun	Helpful
Persistent	Trustworthy	Resilient	House Proud
Resourceful	Adventurous	Loving	A Good Friend
Clever	Patient	Empathetic	Organised
Brave	Active	Strong	Friendly
Responsible	Determined	Good Cook	Appreciative
Flexible	Considerate	Animal lover	Musician
Optimistic	Problem Solver	Good communicator	Reader

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Please write down these strengths/skills here:

