

Strengths Inventory

We all experience times when we feel like we are not good enough. Knowing your strengths helps you to better understand your value and increase your self-esteem. This exercise will give you a visual aid to reinforce this in your own mind.

Using the list below, add strengths you feel you possess in each box.

. Some strengths may fall under more than one area. Feel free to add any strengths that you have that are not listed.

Relationships	Personal	Professional

Persistence
Social Awareness
Enthusiasm
Bravery
Logic
Intelligence
Adaptability
Fairness
Modesty
Authenticity

Leadership
Curiosity
Artistic Ability
Wisdom
Honesty
Empathy
Kindness
Love
Open Mindedness
Compassion

Patience
Forgiveness
Spirituality
Adventurousness
Optimism
Independence
Love of Learning
Gratitude
Ambition
Athleticism

Discipline
Creativity
Common Sense
Flexibility
Assertiveness
Sense of Humor
Confidence
Self-Control
Cooperation