

Be Aware of Your Strengths

When you are going through difficult times, you may forget about the personal strengths you can bring to the problems in your life. Remembering your strengths can help you be more resilient and can guide you toward solutions for your problems that you might have missed. Read the list of adjectives below and circle the personality strengths that best describe you. Now go back and look at the strengths you have circled and see if there is one strength that will help you solve a problem today. Try applying that strength to the problem and see what happens. Write your thoughts at the bottom of this page.

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|--------------|----------------|
| Accepting | Inquisitive |
| Adaptable | Insightful |
| Adventurous | Intuitive |
| Agreeable | Kind |
| Aware | Loving |
| Balanced | Loyal |
| Calm | Open-minded |
| Caring | Optimistic |
| Centered | Passionate |
| Charismatic | Patient |
| Considerate | Persistent |
| Courageous | Practical |
| Creative | Proactive |
| Curious | Rational |
| Dedicated | Reliable |
| Diligent | Responsible |
| Energetic | Self-Confident |
| Enthusiastic | Sociable |
| Fair-minded | Spiritual |
| Flexible | Spontaneous |
| Focused | Sympathetic |
| Friendly | Thoughtful |
| Fun | Trustworthy |
| Generous | Versatile |
| Honest | Warmhearted |
| Humble | Wise |
| Humorous | Witty |
| Imaginative | |

Did you notice anything different happened today when you focused on your strength?
