Discovering My Positive Traits

AND HOW THEY SHOW UP IN MY LIFE

Your strengths matter.

Sometimes we find it hard to put our strengths into words — especially if we're not used to noticing or naming our feelings. This worksheet can help you identify your positive qualities and explore how they show up in your unique abilities, interests and everyday life.

1 Explore the Positive Traits

Look through the list of positive personality adjectives. Tick the ones that feel like you — even if they seem small, quiet or unusual. There are no wrong answers!

- ☐ Adventurous
- ☐ Affectionate
- ☐ Ambitious
- ☐ Articulate
- ☐ Artistic
- ☐ Careful
- ☐ Cheerful
- ☐ Compassionate
- ☐ Considerate
- ☐ Courageous
- ☐ Courteous
- ☐ Creative
- ☐ Curious
- ☐ Dependable
- ☐ Determined
- ☐ Easy-going
- ☐ Empathic
- ☐ Energetic
- ☐ Enthusiastic
- ☐ Fair
- ☐ Forgiving
- ☐ Friendly
- ☐ Funny
- ☐ Generous
- ☐ Gentle
- ☐ Helpful
- ☐ Honest
- ☐ Imaginative
- ☐ Inventive
- ☐ Kind
- ☐ Loyal
- ☐ Mischievous
- ☐ Neat
- ☐ Persistent
- ☐ Polite
- ☐ Practical
- ☐ Proud
- ☐ Quick-witted
- ☐ Quiet
- ☐ Rational
- ☐ Reliable
- ☐ Reserved
- ☐ Serious
- ☐ Shy
- ☐ Silly
- ☐ Sincere
- ☐ Studious
- ☐ Sympathetic
- ☐ Thoughtful
- ☐ Tolerant
- ☐ Tidy
- ☐ Trusting
- ☐ Wise

2 My Top 5 Qualities

Choose 5 qualities from the list that feel most like you. Write them here.

1. _____
2. _____
3. _____
4. _____
5. _____

3 How I Express My Qualities

For each of your top 5 qualities, think about the different abilities, interests, skills or situations where you see this quality show up. Use the examples (or add your own).

Helpful tip: If it's hard to name your feelings, start with what you do, what you enjoy, what others notice, or what feels meaningful to you.

My Quality (e.g. creative)	Abilities / Interests / Skills (e.g. creating Lego models)	How It Shows Up in My Life (e.g. I enjoy building and designing Lego models, make things, solve problems)	Examples / Evidence (e.g. photos, finished projects, compliments, achievements)
1.			
2.			
3.			
4.			
5.			

4 Reflect and Celebrate

Which of your qualities do you want to notice more in your daily life?

_____

How do your strengths make a positive difference (in big or small ways)?

_____

What is one new way you could express a strength this week?

_____

You are more than your challenges.

Your unique combination of qualities and abilities is what makes you, you.

NOTICE • NAME • EXPLORE • CELEBRATE

Your strengths are real.