Discovering My Positive Traits

A STRENGTHS-FINDING WORKSHEET

There are many ways to be a good person. You don't need to relate to every word. Choose any traits that feel like you, even a little—or ask someone you trust for ideas.

1 Which words describe you?

- ☐ 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 3 traits

1. Trait: _____ An example of when I showed it: _____
2. Trait: _____ An example of when I showed it: _____
3. Trait: _____ An example of when I showed it: _____

3 Help me notice my strengths

What do people come to me for?

What is something I keep trying at, even when it's hard?

What do I care about or enjoy?

4 A reminder to keep

My strengths may look different from other people's. Quiet, careful, curious, or needing time to recharge can be strengths too.

I don't have to be good at everything to have value.

There are no wrong answers. You can skip any word or question.