Teen Strengths and Values Map

Check strengths that are true even a little. Add proof. Name values that guide you.

Name: _____ **Date:** _____

○ reliable	○ curious	○ creative	○ brave
○ funny	○ loyal	○ honest	○ a hard worker
○ a good listener	○ fair	○ helpful	○ patient
○ a problem solver	○ a leader when it counts	○ good with younger kids	○ athletic / active
○ musical / artistic	○ tech skilled	○ kind under pressure	○ I keep trying after setbacks

Proof: one recent time I used a strength (what / when / who noticed):

_____

_____

_____

My top 3 values (friendship, honesty, learning, kindness, courage, creativity, faith, family, fairness, health...):

_____

One values based action I can take this week (tiny and real):

_____

Strength I want to grow next: _____ **Safety: if unsafe thoughts appear, stop. US: 988 · HOME to 741741 · 911**

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Kind Self Talk + Evidence Log

Challenge harsh thoughts with facts. Coach language is honest AND kind.

Name: _____ **Date:** _____

Harsh thought (what I told myself):

Recent scene (where / when / who):

Evidence that SUPPORTS the harsh thought:

Evidence that does NOT fit:

Kinder coach line (what I would tell a friend in the same spot):

Feeling after (0 to 10): ___ Belief in harsh thought now (0 to 10): ___

Tiny next step before tomorrow ends (when / where):

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Weekly Confidence / Proud Moments Log

Proud moments can be small: effort, kindness, repair, asking for help, trying again.

Name: _____ **Date:** _____

Day	What I did / tried	Strength or value	After (0-10)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Mini card (cut out)

My strength today: _____

Coach line: _____

Tiny next step: _____

Safety mini card

If I feel unsafe or want to disappear:

US: call/text 988 · text HOME to 741741 · 911

One adult I can tell: _____

L&T

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