My Strengths

Everyone has strengths. Color every one that is true of you, even a little.

Name: _____ **Date:** _____

- I am kind
- I am brave
- I am funny
- I am creative
- I am curious
- I am helpful
- I am honest
- I am patient
- I am a hard worker
- I am a good friend
- I am a good listener
- I am calm
- I am artistic
- I am good at sports
- I am musical
- I am a leader
- I am organized
- I am good with animals
- I am fair
- I am a problem solver
- I am thoughtful
- I am a good reader
- I keep trying
- My own: _____



A time I used one of my strengths

What happened? What did I do? Which strength was it?

_____

_____

_____

_____



Something I am getting better at

I could not do this before, and now I can do it a bit more.

_____

_____

_____



Someone who knows me well says I am good at...

Ask a parent, friend, teacher or counselor and write their words.

_____

_____

_____

One strength I want to grow next: _____

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Kind Self Talk

My inner critic is harsh. My inner coach is honest AND kind, like a good friend.

Example

Inner critic: "I got 6 wrong. I'm so stupid at math."

Inner coach: "I got 6 wrong, and that stinks. I can check what I missed and ask for help with fractions."

My inner critic says...	Is it 100% true? What else is true?	My inner coach says...



What would I say to a friend who felt this way?

Now say the same thing to yourself. You deserve the same kindness.



My go-to coach phrases (check 3 or write your own)

- ☐ I can't do this yet.
- ☐ One step at a time.
- ☐ It's okay to ask for help.
- ☐ Mistakes help me learn.
- ☐ I've done hard things before.
- ☐ I can be proud of trying.

My own: _____

When my inner critic gets loud, I will: _____

_____

My Proud Moments

Proud moments can be small: trying something hard, being kind, fixing a mistake.

Week of: _____

	What I did, tried or worked hard at	Strength I used
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		



End of week reflection

Read your week out loud to a grown up, or just to yourself.

The moment I am most proud of this week:

_____

_____

Something hard that I kept trying at:

_____

_____

A strength I noticed in someone else:

_____

_____

Next week I want to try:

_____

_____

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