

# STRENGTHS & VALUES

## Worksheet

Here are some conversations to have with your children to help them discover their strength and values. If it is age-appropriate to do so, have your children fill out the worksheets on the following pages.

### Talents, Skills & Personality Traits:

"What are you naturally good at?"

"What have you worked hard to become good at?"

"What do you enjoy doing?"

"If you could be known for any strength, what would it be?"

"What are the unique characteristics that make you, you?"

### Values:

"What values do you choose to live your life by?"

"What qualities about you make you feel like a good person?"

"What kind of person do you want people to think you are?"

### Passions:

"What do you enjoy so much that you do it in your free time?"

"What do you enjoy doing so much that you lose track of time?"

### Additional Questions to Consider:

"What do your friends and family think are your strengths?"

"When you are feeling the best, what strengths or personality characteristics shine through?"

"What strengths are you working on developing?"

"What do you look most forward to each week?"

"What would you like to learn?"

"Is there anything you would like to stop doing? And if so, what activity would you do instead?"

# STRENGTHS & VALUES

## examples

### Strengths:

Humor  
Athletics  
Good judgment  
Academics  
Street smarts  
Music  
Common sense  
Easy going  
Dance  
People skills  
Good with animals  
Quick wit  
Good in a crisis  
Gaming  
Communication skills  
Art  
Enthusiasm  
Good friend  
Self-confidence  
Good listener  
Good memory  
Insight  
Calmness  
Focus  
Good with adults

### Values:

Kindness  
Humility  
Perseverance  
Honesty  
Reliability  
Wisdom  
Trust  
Self-esteem  
Curiosity  
Leadership  
Courage  
Gratitude  
Love  
Fairness  
Cleverness  
Independence  
Discipline  
Self-love  
Non-judgmental  
Even temper  
Flexibility  
Love of learning  
Forgiveness  
Compassion  
Determination

Integrity

Creativity  
Emotional balance  
Patience  
Citizenship  
Self-control  
Adaptability  
Zest for life  
Dedication  
Solitude  
Routine

### Remember:

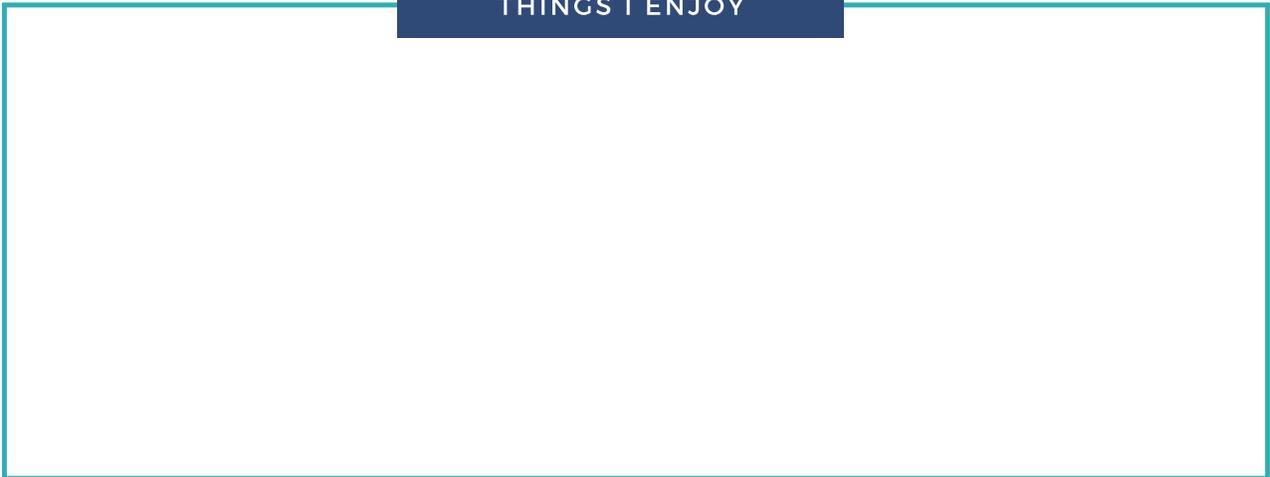
Find strengths and values that matter to you, and do not be restricted by these examples or by anyone else's judgment. Being a good magician, or being great at origami, or being good at laundry are all valid strengths. The point is: When you spend time doing things you are good at, that you love doing, and that align with your values, you will naturally feel more self-esteem.

# STRENGTHS

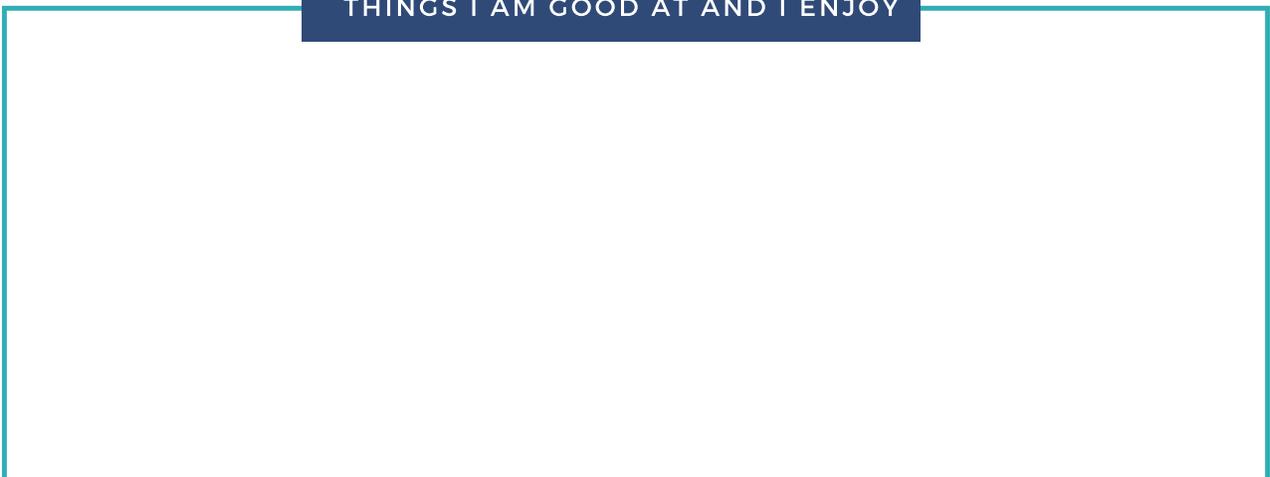
THINGS I AM GOOD AT

A large, empty rectangular box with a teal border, intended for writing down things the user is good at.

THINGS I ENJOY

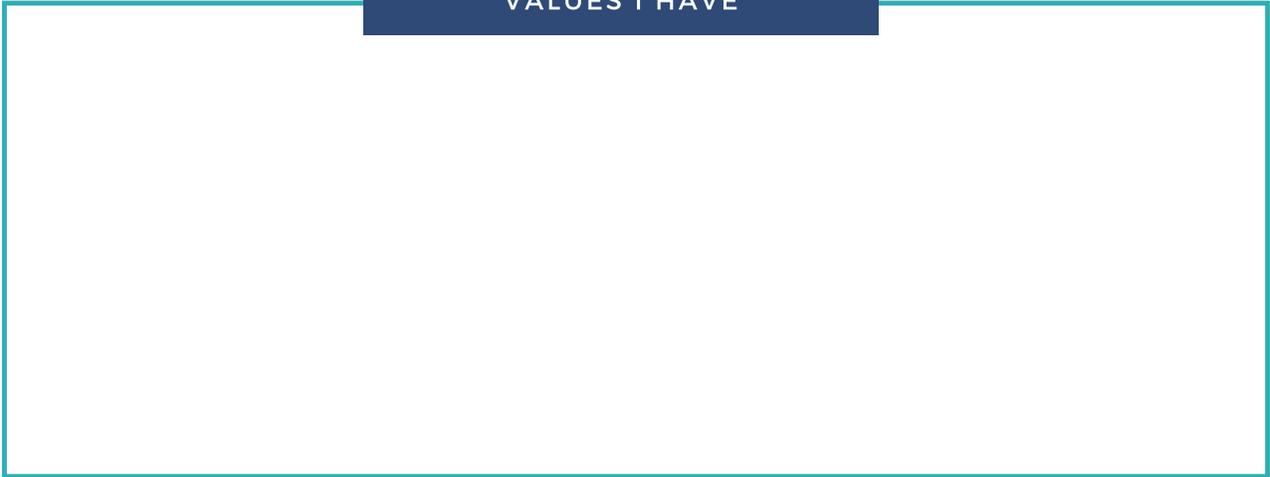
A large, empty rectangular box with a teal border, intended for writing down things the user enjoys.

THINGS I AM GOOD AT AND I ENJOY

A large, empty rectangular box with a teal border, intended for writing down things the user is both good at and enjoys.

# VALUES

VALUES I HAVE



VALUES I ADMIRE IN OTHERS



VALUES I WANT TO HAVE

