



# Strengths Toolkit



- This toolkit is to help recognise and use the strengths you have (see overleaf for tips on identifying your strengths)
- Put a ✓ next to the strengths you have and ○ for a few strengths you would like to develop (**at most two or three**). Leave any others blank
- Use the empty boxes at the bottom to include any strengths not shown on the list
- Focus on the strengths you have, not the strengths you don't
- Remember to be as fair and kind to yourself as you would be to a loved one

Action-oriented		Detail-oriented		Intelligent		Practical	
Adventurous		Determined		Kind		Problem-solving	
Ambitious		Disciplined		Knowledgeable		Quick-witted	
Analytical		Empathetic		Leading		Resourceful	
Appreciative		Energetic		Logical		Respectful	
Artistic		Entertaining		Loving		Responsible	
Assertive		Enthusiastic		Modest		Self-assured	
Athletic		Fair		Moral		Sense of humour	
Authentic		Fast		Motivated		Social	
Caring		Flexible		Observant		Spiritual	
Charming		Focused		Open-minded		Spontaneous	
Clever		Friendly		Optimistic		Straightforward	
Compassionate		Generous		Organized		Tactful	
Confident		Grateful		Original		Team-oriented	
Considerate		Helpful		Outgoing		Thoughtful	
Courageous		Honest		Patient		Thrifty	
Creative		Hopeful		Peaceful		Trustworthy	
Curious		Idealistic		Perseverant		Warm	
Decisive		Independent		Persistent		Welcoming	
Dedicated		Industrious		Persuasive		Wise	

# Tips on identifying your strengths



Look at all areas of your life

Your personality, relationships, work etc. - it doesn't have to apply to every single area to be a strength



What do you find energising?

Think about what you enjoy doing and what motivates you



Ask for feedback

Ask someone you trust about the strengths you have, and you could do the same for them



Remember your potential!

You are always growing – something may not be a strength now, but it could become a strength later

Which 2 of your strengths are most important to you and why?

How could you use them to benefit your mental health?

Which one strength do you want to develop?

How can you use the above 2 strengths to do so?