

A Personal Checklist: Personal Strengths

Directions:

Put a one (1) next to any sentence that describes you. Then, put a circle around the three (3) sentences that best describe you.

___ I'm reliable (people can count on me).

___ I'm friendly.

___ I'm polite.

___ I'm good at many things.

___ I try to follow instructions.

___ I like to do things with others.

___ I like to do things on my own.

___ I like to help other people.

___ I like to keep things neat and organized.

___ I'm a good friend.

___ I have good common sense.

___ I stick with things until they get done.

___ I'm good at fixing things.

___ I can work out my problems on my own.

___ I'm good with words.

___ I'm good with my hands.

___ I can help others work out their problems.

___ I have a lot of energy.

___ I'm a good listener.

___ I like to have a good time.

___ I'm honest.

___ I'm hard-working.

___ I'm usually on time.

___ I'm serious.

___ I'm generous.

___ I'm proud of myself.

___ I can keep a secret.

___ I'm a good student.

___ I'm musical.

___ I'm artistic.

___ I'm creative.

___ I ask others for help when I need it.

___ I'm good at one or two things.

Use this space to write down your other strengths:

_____	_____
_____	_____
_____	_____
_____	_____

Adapted from "Speak Up for Yourself and Your Future," Department of Special Education, University of Vermont, 1993.