I see the following strengths in myself (Check all that apply):

- ☐ creative
- ☐ curious
- ☐ open-minded
- ☐ loves to learn
- ☐ have a sense of perspective that I offer to others
- ☐ authentic
- ☐ brave
- ☐ can be persistent when I want something
- ☐ approach life with excitement and energy
- ☐ kind
- ☐ value love and relationships with others
- ☐ aware of how others are feeling
- ☐ fair
- ☐ have good leadership skills
- ☐ works well with others
- ☐ can forgive others
- ☐ modest
- ☐ makes choices carefully and thoughtfully
- ☐ regulate my own feelings
- ☐ appreciates beautiful things
- ☐ thankful and grateful
- ☐ have hope
- ☐ have a good sense of humor
- ☐ have religious or spiritual meaning in my life