

**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