



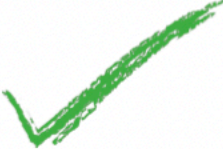





Name: _____

Date: _____

• Strengths & Challenges •

Directions: Complete the tasks. Record each completed task in your log, journal, or another sheet of paper.

<p>#1</p> <p>Explain why it is important to understand your own individual strengths and challenges.</p> 	<p>#2</p> <p>List one strength starting with each letter of your name.</p> 	<p>#3</p> <p>Draw a picture or write a paragraph showing how someone could improve a challenge over time.</p> 
<p>#4</p> <p>Draw a picture of yourself. Write at least 10 strengths all around the image.</p> 	<p>#5</p> <p>Think about one skill you know you could improve. Make a list of at least 3 steps to move in that direction.</p> 	<p>#6</p> <p>Using your strengths, write a short speech convincing the principal that you should be the class president.</p> 
<p>#7</p> <p>Give yourself an award for one of your biggest strengths. What would the award be?</p> 	<p>#8</p> <p>Ask a friend or family member what their biggest strengths are. Are they exactly the same as yours? Why or why not?</p> 	<p>#9</p> <p>Make a list of your top strengths using only emojis or symbols.</p> 