**Strengths List**

**Circle the strengths that you have used in the past to get through a challenging time.**

appreciation enthusiasm ingenuity negotiation self-control

calm fierceness integrity observant sensitive

commitment flexibility intelligent optimism spirituality

confidence forgiveness insightful patience spontaneity

courage generosity joyful perseverance tolerant

curiosity gentleness judgment prudent trustworthy

detachment gratitude kindness reliable vigilant

dignity honesty leadership respectful willing spirit

hopeful loving perspective wisdom

humility loyalty persuasive youthfulness

Add your own\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_