



Strengths I May Have Missed

Notice what has become ordinary because you use it every day

Strength is not only achievement. It can look like asking for help, trying again, telling the truth, protecting a boundary, creating joy or surviving a hard season.

Things I am learning or becoming better at

Kind words or compliments I have received

Challenges I have moved through

Ways I have helped or cared for others

Qualities that make me unmistakably me

What I value and try to stand for

A moment when I was braver than I realised
