

## **Assets and Strengths** - A List of Questions

1. Some of the things I do well are...
  
  
  
  
  
  
  
  
  
  
2. A time when I felt really proud of myself was when ...
  
  
  
  
  
  
  
  
  
  
3. My best friend would describe me as a person who is ...
  
  
  
  
  
  
  
  
  
  
4. One thing that my teachers/bosses/parents have always liked about me is that I ...
  
  
  
  
  
  
  
  
  
  
5. One thing I am very interested in is ...
  
  
  
  
  
  
  
  
  
  
5. One of my skills that I hope to use in my work is...