

Your Strengths and Potential

-School Psychology Awareness Week-

Using the character strengths and virtues sheet, name your top 3 strengths:

1. _____

2. _____

3. _____

How does each strength help you?

1. _____

2. _____

3. _____

What is a new strength you would like to improve or develop?

How would it help you?

Using the strengths you have, and the ones you want to develop, what is something you really want to achieve in life?
