

THINK ABOUT IT

Do You Celebrate Your Strengths?

Think about the following sentences. Put a check mark next to the ones that already describe you.

- Most of the time, I feel good about myself and my abilities.
- I know my areas of talent.
- I have shared my strengths with adults.
- I know how to share my talents with other kids without bragging.
- I work on getting even better at things I'm good at already.
- I believe that my friends, family, and teachers know about my strengths.
- I know that some of my strengths have to do with my personality, not just with things I can do.
- If I'm feeling down about myself, I can think about my abilities and feel a little better.
- I don't judge my friends negatively just because they don't have the same talents I do.
- I am willing to help my friends in areas I know a lot about. I know that everyone needs help sometimes.

How many of the sentences did you check? It's okay if you are just beginning to think about some of these ideas. Maybe you have been working to understand your challenges. Maybe you have been focusing on your new plan and your goals. That is hard work. You might feel like you have not had much time to focus on the special qualities you are proud of, and the things you enjoy. Now is the time!