

## My Strengths and Challenges

Sometimes it's hard to remember all of our strengths when we are having difficulties. We also sometimes forget that we need any help at all when things are going well. Fill out the two boxes below to help you remember your abilities and your challenges. Knowing what your challenges are is important because it helps you know what support you need. And focusing on your strengths can remind you that you are unique, have many abilities, and can build on these qualities.

STRENGTHS	CHALLENGES