

YOUTH DEVELOPMENT TOOL 01

Personal Strengths

Notice what is already working and use it as a starting point.

Strengths are skills, qualities, values, and experiences that help you move through life. You do not need to be perfect to have strengths. This guide helps you name a few and decide how to use one this week.

Start here

- Think of a time you handled something difficult, helped someone, learned something new, or kept going when it was not easy.
- What did you do? What quality helped you?
- A strength can be simple: showing up, listening, being creative, staying calm, asking for help, or trying again.

My strength list

- Three things I do well or am learning to do well:
- A challenge I have handled before:
- A quality someone who knows me might notice:

Put a strength to work

- Choose one strength you want to use this week.
- Where could it help: home, school, work, a friendship, or a goal?
- What is one small action that would show that strength?

GROW reminder: Progress can begin with one honest conversation, one thoughtful choice, or one small action.

Make it yours

Reflection and action page

Use this page to write down what stands out and choose a next step. There is no perfect answer. Honest answers are useful answers.

What stands out to me from this guide?

What is one thing I want to do differently or keep doing?

Who could support me with this?

My commitment: One strength I want to remember when things get hard is:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.