

My Strengths

A gentle reflection on what has carried you this far

You have carried yourself through so much already. Strength does not always look loud or fearless. Sometimes it looks like continuing, asking for help, trying again, staying kind, or simply getting through the day.

What strengths, qualities, or victories do I see in myself?

Circle what feels true:

☐ Compassion

☐ Courage

☐ Kindness

☐ Patience

☐ Creativity

☐ Faith

☐ Curiosity

☐ Wisdom

☐ Resilience

☐ Hope

One strength I want to lean on today:

The qualities that have carried you this far are still within you.