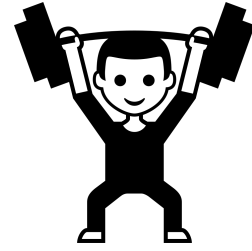




# Finding Strengths



**Directions:** Use the table below to document the things you are good at. Recognize and give yourself credit for your strengths.



Sometimes we don't recognize our strengths because we focus too much on our weaknesses or what others can do.

I'm good at: