

Identifying strengths and weaknesses worksheet

Things I do well

1. _____

2. _____

3. _____

Compliments I have received.

1. _____

2. _____

3. _____

What challenges have I overcome

1. _____

2. _____

3. _____

What makes me unique

1. _____

2. _____

3. _____

What do I Like about my appearance?

1. _____

2. _____

3. _____

What do I value most?

1. _____

2. _____

3. _____

What weaknesses do I have?

1. _____

2. _____

3. _____

Things I want to improve:

1. _____

2. _____

3. _____