|  |  |
| --- | --- |
| **Name:** |  |

**Activity 1: What is a strength?**

**Activity 2: Your top 5 strengths**  
You can use the strengths from the list provided (see the next page)

|  |  |
| --- | --- |
|  | Strength identified |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |

**Activity 3: Ranking your strengths**

|  |  |  |
| --- | --- | --- |
|  | **Strength** | **Rank from 1 -5 (5 being the highest)** |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |

**Activity 4: Strength statement**“What is your greatest strength, and can you give me an example of a time that you displayed this strength?”

|  |
| --- |
|  |

A screenshot of a cell phone

Description automatically generated

A screenshot of a cell phone

Description automatically generated