

# Strengths Inventory

|   |    |
|---|----|
| What the Heck is a Strengths Inventory? .....                   | 3  |
| Area 1: Managing Thoughts and Feelings .....                    | 5  |
| Area 2: Communication (Listening, Talking, Getting Along) ..... | 7  |
| Area 3: Family (Strengths in the Family and in Me) .....        | 9  |
| Area 4: Friendship, Dating, and Relationships .....             | 11 |
| Area 5: Coping With <b>Stress</b> .....                         | 13 |
| Area 6: Taking Care of Myself and My Stuff .....                | 15 |
| Area 8: Work and Chosen Passions .....                          | 17 |
| Area 7: School and Continuing Education .....                   | 19 |
| Area 9: Spirituality .....                                      | 21 |
| Area 10: Finding and Living My Purpose .....                    | 23 |
| A Few More Notes on My Strengths .....                          | 25 |

**Adapted from the emPOWER! curriculum**

Joliet Township High Schools  
YESS—youth experiencing success in school  
Developed for YESS by Pamela Woll, MA, CADP

**Adapted from the emPOWER! Strengths Inventory**  
**Part of the emPOWER curriculum**  
**Written by Pamela Woll for YESS, Joliet Township High Schools**

YESS—Youth Experiencing Success in School  
Joliet Township High School District 204  
Joliet, Illinois

YESS Program Grant Administrator: Joseph E. Troiani, PhD, CADC, Will County Health  
Department

YESS Project Director: Kelli Bettenhausen, Joliet Township High School District 204

Curriculum Developer: Pamela Woll, MA, CADP, Human Priorities

Curriculum Advisor: Cathe Ghilain, MS

Created for YESS in September, 2008

Adapted for general use in January, 2010

## What the Heck is a Strengths Inventory?

The next 20 pages will take you through a bunch of questions to help you find and own up to some of your strengths in 10 areas of life, starting with five areas you'll be learning more about and building on in the emPOWER! sessions. You won't find all your strengths, but it will be a start. And you'll be amazed at how many there are. (Some strengths will show up in more than one Area; That's okay.)

Often the first step toward becoming more powerful is just to realize how powerful you already are. Most of us really don't know. We know a lot about what's wrong with us. People have been telling us about that all our lives. Then they tell us our self-esteem is too low. We know all the ways people seem to want us to change, and all the ways WE want to change. But we don't always have a very clear sense of the strengths we're starting out with—the strengths that are going to take us where we want to go.



**Don't worry: You don't have to finish this whole thing right now.**

You can work on this in any order, any way that works for you. You don't need to mark off all the strengths listed here, just the ones you're good at or getting better at. And you can write in other strengths that we forgot to mention.

No matter what the world seems to be telling us, these things are true:

- If we accept ourselves as we are, that actually helps us get better.
- Even if our strengths are different from others', they're still strengths.
- If we disagree with somebody's negative opinion of us, that doesn't mean we're being disloyal or disrespectful. It just means we disagree.
- If we admit that we have a lot of strengths, that doesn't mean we're stuck up or egotistical. It means we're honest. And using our talents doesn't hurt others, even if they're jealous. It may even inspire them to use their own talents.
- The best way to get back at people who put us down is to find our strengths and talents, use them, and enjoy it!



Area 1: Managing Thoughts and Feelings



| I'm good at              | Getting better at        | <p><b>Note:</b> "Boundaries" are the lines we draw between other people's thoughts, feelings, actions, and responsibilities and our own.</p> |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Concentrating on the things I want to concentrate on.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Paying attention to a lot of things at once—"juggling" thoughts.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Noticing the negative thoughts that go through my head   |
| <input type="checkbox"/> | <input type="checkbox"/> | Questioning my negative thoughts until I can check them out with others.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Understanding the things I read and hear other people say.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Questioning the things other people say, especially the negative ones.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Weighing advice and criticism in my mind, to see if it might be true.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Being honest with myself, even if I don't like the truth.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Seeing the boundaries between other people's feelings and my own.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Noticing patterns in the way my thoughts trigger my feelings.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Focusing on thoughts that calm down my feelings and reactions.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Reminding myself to slow down, breathe, look at it another way.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Letting go of thoughts that would only get me more upset.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Feeling all my feelings, and letting them flow right through me.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Taking responsibility for managing my thoughts and feelings.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Thinking things through instead of just acting or reacting in extreme ways.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Considering all the choices I have, and their possible consequences.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Deciding what to do based on all these choices and consequences.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting a "reality check" when I'm having trouble with any of this stuff.  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____  |

| 3 people who can help me in this Area | 3 other sources of info/support on this |
|---------------------------------------|---|
|                                       |   |

A Few Questions about Managing Thoughts and Feelings:

1. What's working in this area of my life? What comes most easily to me?

---

---

---

2. What's hard to do, but I still do it because it's important to me?

---

---

---

3. What's one thing I really want to strengthen in this area?

---

---

---

4. What are some steps I'm taking to work on this?

---

---

---

5. What are some of my values—what do I think is important in this area of life?

---

---

---

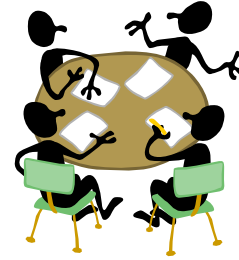
6. What are some positive things I do—or negative things I stop myself from doing—because of those values?

---

---

---

Area 2: Communication  
(Listening, Talking, Getting Along)



| I'm good at              | Getting better at        |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Shutting off the words in my head and hearing what other people are saying. |
| <input type="checkbox"/> | <input type="checkbox"/> | Waiting until other people stop talking before I start talking.             |
| <input type="checkbox"/> | <input type="checkbox"/> | Asking questions to make sure I know what they really mean to say.          |
| <input type="checkbox"/> | <input type="checkbox"/> | Trying to understand how they feel and what they're going through.          |
| <input type="checkbox"/> | <input type="checkbox"/> | Thinking things through before I say them, write them, or send the email.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Saying or writing things in ways that other people often understand.        |
| <input type="checkbox"/> | <input type="checkbox"/> | Saying or writing things that are interesting, or funny, or beautiful.      |
| <input type="checkbox"/> | <input type="checkbox"/> | Speaking to a group of people and holding their attention.                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Winning people's agreement by using good information and logical arguments. |
| <input type="checkbox"/> | <input type="checkbox"/> | Speaking my truth; saying what I really mean, even if it's not popular.     |
| <input type="checkbox"/> | <input type="checkbox"/> | Being respectful to people, whether or not I need anything from them.       |
| <input type="checkbox"/> | <input type="checkbox"/> | "Not sweating the small stuff" and/or letting go of resentments quickly.    |
| <input type="checkbox"/> | <input type="checkbox"/> | Setting boundaries when people are being disrespectful or hurting me.       |
| <input type="checkbox"/> | <input type="checkbox"/> | When I've made a mistake, admitting it and offering to make it right.       |
| <input type="checkbox"/> | <input type="checkbox"/> | Spotting misunderstandings and correcting them before they get messy.       |
| <input type="checkbox"/> | <input type="checkbox"/> | Finding out what people are really upset about, and calming them down.      |
| <input type="checkbox"/> | <input type="checkbox"/> | Choosing not to get into a fight, even when I want to get into a fight.     |
| <input type="checkbox"/> | <input type="checkbox"/> | Figuring out solutions to arguments or disagreements with others.           |
| <input type="checkbox"/> | <input type="checkbox"/> | _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | _____   |

| 3 people who can help me in this Area | 3 other sources of info/support on this |
|---------------------------------------|---|
|                                       |   |

**A Few Questions About Communication:**

1. What's working in this area of my life? What comes most easily to me?

---

---

---

2. What's hard to do, but I still do it because it's important to me?

---

---

---

3. What's one thing I really want to strengthen in this area?

---

---

---

4. What are some steps I'm taking to work on this?

---

---

---

5. What are some of my values—what do I think is important in this area of life?

---

---

---

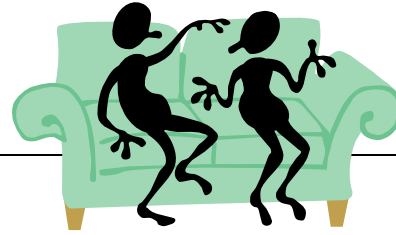
6. What are some positive things I do—or negative things I stop myself from doing—because of those values?

---

---

---

Area 3: Family  
(Strengths in Me and in My Family)



| I'm good at              | Getting better at        |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Getting along/cooperating with one or more members of my family.          |
| <input type="checkbox"/> | <input type="checkbox"/> | Having fun with one or more members of my family.                         |
| <input type="checkbox"/> | <input type="checkbox"/> | Listening to family members, understanding, and helping them cope.        |
| <input type="checkbox"/> | <input type="checkbox"/> | Protecting younger, weaker, or more helpless members of my family.        |
| <input type="checkbox"/> | <input type="checkbox"/> | Clearing up misunderstandings in my family before they become arguments.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Taking responsibility for my duties in the family.                        |
| <input type="checkbox"/> | <input type="checkbox"/> | Being respectful to other members of my family.                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Loving my family even though they're not even close to perfect.           |
| <input type="checkbox"/> | <input type="checkbox"/> | Believing in myself, whether or not everyone in my family believes in me. |
| <input type="checkbox"/> | <input type="checkbox"/> | Being proud of myself and/or my family, even though we're not perfect.    |
| <input type="checkbox"/> | <input type="checkbox"/> | Taking good care of children in the family (my own or someone else's).    |
| <input type="checkbox"/> | <input type="checkbox"/> | Taking good care of family members who are ill, older, or disabled.       |
| <input type="checkbox"/> | <input type="checkbox"/> | _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | _____   |

Please check all of the following things that are true:

|                          |  |
|--------------------------|--|
| <input type="checkbox"/> | My family has a good sense of humor. We have fun sometimes.                        |
| <input type="checkbox"/> | There's at least one person in my family who really knows and understands me.      |
| <input type="checkbox"/> | There are some good, brave, smart, or talented people in my family; I admire them. |
| <input type="checkbox"/> | I know members of my family would come through for me in a crisis.                 |
| <input type="checkbox"/> | I know that, underneath it all, most people in my family really do love me.        |

| 3 people who can help me in this Area | 3 other sources of info/support on this |
|---------------------------------------|---|
|                                       |   |

**A Few Questions About Family:**

1. What's working in this area of my life? What comes most easily to me?

---

---

---

2. What's hard to do, but I still do it because it's important to me?

---

---

---

3. What's one thing I really want to strengthen in this area?

---

---

---

4. What are some steps I'm taking to work on this?

---

---

---

5. What are some of my values—what do I think is important in this area of life?

---

---

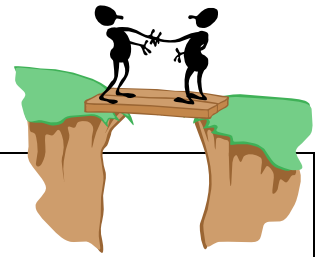
---

6. What are some positive things I do—or negative things I stop myself from doing—because of those values?

---

---

---



Area 4: Friendship, Dating, and Relationships

| I'm good at              | Getting better at        |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Finding and keeping friends I like, get along with, and have fun with.                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Having a lot of friends who are different from one another, and from me.               |
| <input type="checkbox"/> | <input type="checkbox"/> | Having at least one really close friend I can talk to about almost anything.           |
| <input type="checkbox"/> | <input type="checkbox"/> | Being a good listener/support person, helping friends think things through.            |
| <input type="checkbox"/> | <input type="checkbox"/> | Giving people advice only when they ask for it, or when they're in danger.             |
| <input type="checkbox"/> | <input type="checkbox"/> | Making light conversation about a lot of different things.                             |
| <input type="checkbox"/> | <input type="checkbox"/> | Having deep conversations about things that really matter to us.                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Steering clear of people who play mind games and get mad over nothing.                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Not</b> doing favors for people who take advantage of me or treat me badly.         |
| <input type="checkbox"/> | <input type="checkbox"/> | Attracting potential partners who are attractive to me.                                |
| <input type="checkbox"/> | <input type="checkbox"/> | Being okay even if someone I'm attracted to won't go out with me.                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Treating dates and partners with respect, fairness, and friendship.                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Attracting dates/partners who are respectful, kind, and reasonable.                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Staying away from dates/partners who are mean, aggressive, or violent.                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting over breakups without "losing it," even if I really like the person.           |
| <input type="checkbox"/> | <input type="checkbox"/> | Going slowly, rather than letting relationships get sexual right away.                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Not</b> being a tease—stopping things early, <b>not</b> leading dating partners on. |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Not</b> having sex without full protection against both pregnancy and disease.      |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Not</b> having sex unless my partner has proved worthy of trust and caring.         |
| <input type="checkbox"/> | <input type="checkbox"/> | _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____  |

|  |  |
|--|--|
| <b>3 people who can help me in this Area</b> | <b>3 other sources of info/support on this</b> |
|  |  |

A Few Questions About Friendship, Dating, and Relationships:

1. What's working in this area of my life? What comes most easily to me?

---

---

---

2. What's hard to do, but I still do it because it's important to me?

---

---

---

3. What's one thing I really want to strengthen in this area?

---

---

---

4. What are some steps I'm taking to work on this?

---

---

---

5. What are some of my values—what do I think is important in this area of life?

---

---

---

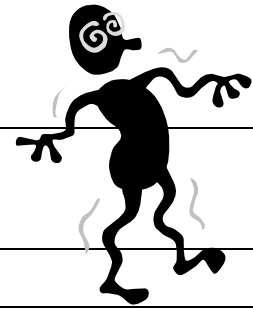
6. What are some positive things I do—or negative things I stop myself from doing—because of those values?

---

---

---

Area 5: Coping With **Stress!**



| I'm good at              | Getting better at        |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Noticing when I have physical symptoms of stress.                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Knowing which things I really have to do, and which ones I don't have to do.       |
| <input type="checkbox"/> | <input type="checkbox"/> | Knowing which people/situations give me stress, and when I should leave.           |
| <input type="checkbox"/> | <input type="checkbox"/> | Knowing when my own actions/expectations might be adding to the stress.            |
| <input type="checkbox"/> | <input type="checkbox"/> | Taking steps to lower the amount of stress in the situations around me.            |
| <input type="checkbox"/> | <input type="checkbox"/> | Knowing and respecting my own stress limits and my need for relief.                |
| <input type="checkbox"/> | <input type="checkbox"/> | Using positive affirmations to calm myself and bring down stress levels.           |
| <input type="checkbox"/> | <input type="checkbox"/> | Paying attention to the "here and now" instead of stuff that might happen.         |
| <input type="checkbox"/> | <input type="checkbox"/> | Using deep, slow breathing to lower physical levels of stress.                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Using sports, exercise, biking, or other physical activity to lower stress.        |
| <input type="checkbox"/> | <input type="checkbox"/> | Using meditation, prayer, or being in nature to bring down stress levels.          |
| <input type="checkbox"/> | <input type="checkbox"/> | Using humor to bring down stress levels and put things in perspective.             |
| <input type="checkbox"/> | <input type="checkbox"/> | Relieving stress through music, art, dancing, writing, theatre, etc.               |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting out and doing something fun or just relaxing to lower stress levels.       |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting enough sleep and exercise and eating healthy foods.                        |
| <input type="checkbox"/> | <input type="checkbox"/> | Asking people I trust for help when I have more stress than I can handle.          |
| <input type="checkbox"/> | <input type="checkbox"/> | Choosing <b>not</b> to take my stress out on others by snapping, yelling, etc.     |
| <input type="checkbox"/> | <input type="checkbox"/> | Choosing <b>not</b> to do compulsive things (eating, cutting, etc.) out of stress. |
| <input type="checkbox"/> | <input type="checkbox"/> | Choosing <b>not</b> to make the stress worse later by drinking or doing drugs.     |
| <input type="checkbox"/> | <input type="checkbox"/> | _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____  |

| 3 people who can help me in this Area | 3 other sources of info/support on this |
|---------------------------------------|---|
|                                       |   |

**A Few Questions About Coping With Stress:**

1. What's working in this area of my life? What comes most easily to me?

---

---

---

2. What's hard to do, but I still do it because it's important to me?

---

---

---

3. What's one thing I really want to strengthen in this area?

---

---

---

4. What are some steps I'm taking to work on this?

---

---

---

5. What are some of my values—what do I think is important in this area of life?

---

---

---

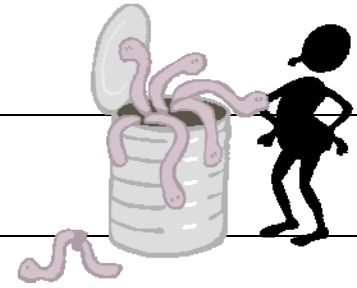
6. What are some positive things I do—or negative things I stop myself from doing—because of those values?

---

---

---

Area 6: Taking Care of Myself and My Stuff



| I'm good at              | Getting better at        |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Getting enough sleep, at least 7 hours a night.                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Eating healthy foods, in the right amounts, and not skipping meals.              |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Not</b> having a lot of caffeine, sugar, or junk food.                        |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Not</b> doing alcohol, street drugs, or medicines not prescribed for me.      |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting enough exercise and keeping my body in shape.                            |
| <input type="checkbox"/> | <input type="checkbox"/> | Going to a doctor, dentist, or health clinic if I have health problems.          |
| <input type="checkbox"/> | <input type="checkbox"/> | If I'm a parent, making sure my child is clean, healthy, and well cared for.     |
| <input type="checkbox"/> | <input type="checkbox"/> | If I'm a parent, being even tempered and making sure I never hit my child.       |
| <input type="checkbox"/> | <input type="checkbox"/> | Taking care of my appearance (clean, attractive clothes, hair, etc.).            |
| <input type="checkbox"/> | <input type="checkbox"/> | Keeping my space at home clean and neat, and looking like I want it to look.     |
| <input type="checkbox"/> | <input type="checkbox"/> | Doing my share of chores at home when I've said I would do them.                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Keeping my work space or school space clean and neat, so I can find things.      |
| <input type="checkbox"/> | <input type="checkbox"/> | Saving money whenever I can, and keeping track of how much I have.               |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Not</b> spending money I can't afford, or using credit cards I can't pay off. |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Not</b> borrowing money to pay for things I don't need or can't afford.       |
| <input type="checkbox"/> | <input type="checkbox"/> | <b>Not</b> lending money or things to people who probably won't return them.     |
| <input type="checkbox"/> | <input type="checkbox"/> | If I'm involved in sports, making sure my equipment is in good shape.            |
| <input type="checkbox"/> | <input type="checkbox"/> | If I'm involved in the arts, keeping my instruments/supplies in good shape.      |
| <input type="checkbox"/> | <input type="checkbox"/> | If I have a computer, making sure it's protected against viruses.                |
| <input type="checkbox"/> | <input type="checkbox"/> | _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____  |

| 3 people who can help me in this Area | 3 other sources of info/support on this |
|---------------------------------------|---|
|                                       |   |

**A Few Questions About Taking Care of Myself and My Stuff:**

1. What's working in this area of my life? What comes most easily to me?

---

---

---

2. What's hard to do, but I still do it because it's important to me?

---

---

---

3. What's one thing I really want to strengthen in this area?

---

---

---

4. What are some steps I'm taking to work on this?

---

---

---

5. What are some of my values—what do I think is important in this area of life?

---

---

---

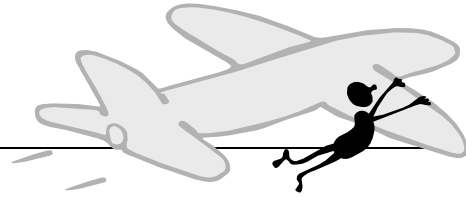
6. What are some positive things I do—or negative things I stop myself from doing—because of those values?

---

---

---

Area 7: Work and Chosen Passions  
(Creativity, Sports, Hobbies, etc.)



| I'm good at              | Getting better at        |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Enjoying my work—staying appropriate, but having a good time working.       |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting along with people at work, including co-workers and customers.      |
| <input type="checkbox"/> | <input type="checkbox"/> | Being reliable on the job (there on time, good work, keeping commitments).  |
| <input type="checkbox"/> | <input type="checkbox"/> | Taking initiative (thinking of ways to solve problems, make things better). |
| <input type="checkbox"/> | <input type="checkbox"/> | Wanting to learn more about what I'm interested in and/or good at in life.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Knowing what I'm interested in and/or good at in life, and going after it.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Having a lot of different interests, skills, and/or talents.                |
| <input type="checkbox"/> | <input type="checkbox"/> | Being really focused on one interest, skill, or talent, and using it well.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Finding ways to overcome my fear of not being good enough at it.            |
| <input type="checkbox"/> | <input type="checkbox"/> | Keeping on trying, even when it gets difficult and I run into obstacles.    |
| <input type="checkbox"/> | <input type="checkbox"/> | Community/volunteer service, especially _____                               |
| <input type="checkbox"/> | <input type="checkbox"/> | Involvement in community or civic groups, especially _____                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Reading and/or writing, especially _____                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Public speaking, especially _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | Theatre, music, or visual arts, especially _____                            |
| <input type="checkbox"/> | <input type="checkbox"/> | Crafts or collecting, especially _____                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Computer stuff, especially _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | Sports, especially _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | _____   |

| 3 people who can help me in this Area | 3 other sources of info/support on this |
|---------------------------------------|---|
|                                       |   |

**A Few Questions About Work and Chosen Passions:**

1. What's working in this area of my life? What comes most easily to me?

---

---

---

2. What's hard to do, but I still do it because it's important to me?

---

---

---

3. What's one thing I really want to strengthen in this area?

---

---

---

4. What are some steps I'm taking to work on this?

---

---

---

5. What are some of my values—what do I think is important in this area of life?

---

---

---

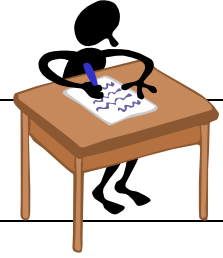
6. What are some positive things I do—or negative things I stop myself from doing—because of those values?

---

---

---

Area 8: School and Continuing Education



| I'm good at              | Getting better at        | <b>Note:</b> After the word "especially," you can write in more information about your strength in this subject. |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Going after that degree, rather than putting it off.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Doing my homework completely, and on time.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Showing up for classes on time, and not having a lot of absences.  |
| <input type="checkbox"/> | <input type="checkbox"/> | Speaking/writing correct English, even though it wasn't my first language.                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Participating in class (asking or answering questions, joining discussions).                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Reading and/or writing, especially _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | Learning languages, especially _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | Math or science, especially _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | Computer stuff, especially _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | Teaching others, especially _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | Public speaking or theatre, especially _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | Music, especially _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | Visual arts, especially _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | History, especially _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | Political science, especially _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | Economics, business, or marketing, especially _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | Social sciences (psychology, social study), especially _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | Sports or athletics, especially _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | Community service, especially _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____  |

| 3 people who can help me in this Area | 3 other sources of info/support on this |
|---------------------------------------|---|
|                                       |   |

**A Few Questions About School and Continuing Education:**

1. What's working in this area of my life? What comes most easily to me?

---

---

---

2. What's hard to do, but I still do it because it's important to me?

---

---

---

3. What's one thing I really want to strengthen in this area?

---

---

---

4. What are some steps I'm taking to work on this?

---

---

---

5. What are some of my values—what do I think is important in this area of life?

---

---

---

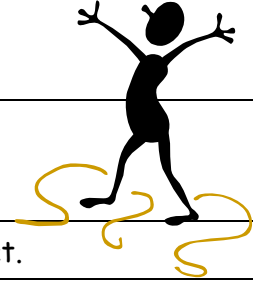
6. What are some positive things I do—or negative things I stop myself from doing—because of those values?

---

---

---

Area 9: Spirituality



| I'm good at              | Getting better at        |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Treating people with kindness, fairness, love, and respect.                |
| <input type="checkbox"/> | <input type="checkbox"/> | Loving/accepting other people just as they are; not trying to change them. |
| <input type="checkbox"/> | <input type="checkbox"/> | Loving and accepting myself just as I am, with all my imperfections.       |
| <input type="checkbox"/> | <input type="checkbox"/> | Appreciating the beauty and goodness in people and relationships.          |
| <input type="checkbox"/> | <input type="checkbox"/> | Appreciating the beauty in nature, and treating the earth with respect.    |
| <input type="checkbox"/> | <input type="checkbox"/> | Accepting the fact that I can't control other people, weather, etc.        |
| <input type="checkbox"/> | <input type="checkbox"/> | Looking at the things I say and do, to see where I might do better.        |
| <input type="checkbox"/> | <input type="checkbox"/> | Admitting when I've done something wrong, and trying to make it right.     |
| <input type="checkbox"/> | <input type="checkbox"/> | Forgiving people who have hurt me, even if I still have to protect myself. |
| <input type="checkbox"/> | <input type="checkbox"/> | Working toward fairness, equality, and/or the well being of others.        |
| <input type="checkbox"/> | <input type="checkbox"/> | Feeling a sense of wonder and mystery about the world and the universe.    |
| <input type="checkbox"/> | <input type="checkbox"/> | Believing in a Higher Power, called _____                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Trusting that Higher Power to take care of me and the world.               |
| <input type="checkbox"/> | <input type="checkbox"/> | Trying to know and to do what that Higher Power wants me to do.            |
| <input type="checkbox"/> | <input type="checkbox"/> | Using prayer and/or meditation to connect with my Higher Power.            |
| <input type="checkbox"/> | <input type="checkbox"/> | Connecting with my Higher Power through music, art, writing, _____.        |
| <input type="checkbox"/> | <input type="checkbox"/> | Reading spiritual and/or religious books, and/or taking classes.           |
| <input type="checkbox"/> | <input type="checkbox"/> | Talking about spirituality with other people who are interested in it.     |
| <input type="checkbox"/> | <input type="checkbox"/> | Going to religious services, and participating as a _____                  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____  |

| 3 people who can help me in this Area | 3 other sources of info/support on this |
|---------------------------------------|---|
|                                       |   |

**A Few Questions about Spirituality:**

1. What's working in this area of my life? What comes most easily to me?

---

---

---

2. What's hard to do, but I still do it because it's important to me?

---

---

---

3. What's one thing I really want to strengthen in this area?

---

---

---

4. What are some steps I'm taking to work on this?

---

---

---

5. What are some of my values—what do I think is important in this area of life?

---

---

---

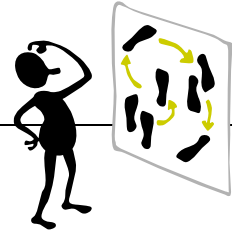
6. What are some positive things I do—or negative things I stop myself from doing—because of those values?

---

---

---

Area 10: Finding and Living My Purpose



| I'm good at              | Getting better at        |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Being curious/willing to think about why I'm here and what matters to me.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Knowing that I'm here for some reason, even if I don't know what it is.     |
| <input type="checkbox"/> | <input type="checkbox"/> | Having a strong feeling of purpose and destiny, even if it's confusing.     |
| <input type="checkbox"/> | <input type="checkbox"/> | Knowing what's important to me in my life, my community, or the world.      |
| <input type="checkbox"/> | <input type="checkbox"/> | Knowing at least a few things about the roles I want to play in my life.    |
| <input type="checkbox"/> | <input type="checkbox"/> | Taking steps to prepare myself for the roles I want to play in my life.     |
| <input type="checkbox"/> | <input type="checkbox"/> | Talking or writing about my purpose and my plans to fulfill it.             |
| <input type="checkbox"/> | <input type="checkbox"/> | Finding and connecting with people who can help me fulfill my purpose.      |
| <input type="checkbox"/> | <input type="checkbox"/> | Finding ways to deal with my doubts about my ability to fulfill my purpose. |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting involved in activities that give me a chance to live my purpose.    |
| <input type="checkbox"/> | <input type="checkbox"/> | Finding ways to reduce the stress in my efforts to fulfill my purpose.      |
| <input type="checkbox"/> | <input type="checkbox"/> | Finding a balance between purpose and other important parts of my life.     |
| <input type="checkbox"/> | <input type="checkbox"/> | Finding healthy ways to get more energy for working toward my purpose.      |
| <input type="checkbox"/> | <input type="checkbox"/> | Using my passions (Page 17) to give me more energy to fulfill my purpose.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Tapping into spiritual sources of strength to help me fulfill my purpose.   |
| <input type="checkbox"/> | <input type="checkbox"/> | _____   |
| <input type="checkbox"/> | <input type="checkbox"/> | _____   |

At this moment, I might describe my sense of purpose like this:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

| 3 people who can help me in this Area | 3 other sources of info/support on this |
|---------------------------------------|---|
|                                       |   |

**A Few Questions About Living My Purpose:**

1. What's working in this area of my life? What comes most easily to me?

---

---

---

2. What's hard to do, but I still do it because it's important to me?

---

---

---

3. What's one thing I really want to strengthen in this area?

---

---

---

4. What are some steps I'm taking to work on this?

---

---

---

5. What are some of my values—what do I think is important in this area of life?

---

---

---

6. What are some positive things I do—or negative things I stop myself from doing—because of those values?

---

---

---



