

# Strengths Inventory Worksheet

## What Is a Strengths Inventory?

A strengths inventory helps you identify the qualities, skills, and inner resources that support your resilience. Use this worksheet to reflect on the strengths you currently possess and the ones you want to grow.

### 1. Personal Strengths

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### 2. Emotional Strengths

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### 3. Social / Relational Strengths

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### 4. Practical Strengths

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### 5. Strengths Others See in You

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### 6. Strengths You Want to Grow

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## Reflection Prompt

How do these strengths support your resilience, and how can you use them more intentionally?

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