



STRENGTHSQUEST: A DEEPER DIVE

List your strengths below and examples in the boxes to the right. Put a ✓ in the boxes where strengths appeared.	Prompt 1: An experience where you helped someone or a group: _____	Prompt 2: A project in high school that went really well. _____	Prompt 3: A fun activity or hobby that you spend time doing regularly. _____
1.			
2.			
3.			
4.			
5.			

Thoughts/Observations? What strengths are you using? Which ones do you want to grow?