**STRENGTHS QUEST: A DEEPER DIVE**

List your strengths below and examples in the boxes to the right. Put a ✓ in the boxes where strengths appeared.

<table>
<thead>
<tr>
<th>Prompt 1: An experience where you helped someone or a group:</th>
<th>Prompt 2: A project in high school that went really well.</th>
<th>Prompt 3: A fun activity or hobby that you spend time doing regularly.</th>
</tr>
</thead>
<tbody>
<tr>
<td>______________________</td>
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<td>______________________</td>
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</tbody>
</table>

1.  

2.  

3.  

4.  

5.  

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