

Strengths and Interests Inventory

Three things I really care about:

1. _____
2. _____
3. _____

Three things I do that make me feel good about myself:

1. _____
2. _____
3. _____

Three skills that come naturally to me:

1. _____
2. _____
3. _____

Activities I like to spend time doing, even when they're challenging:

1. _____
2. _____
3. _____

Activities (besides eating, sleeping, and being with my loved ones) that are so important to me I feel like I can't live without them:

1. _____
2. _____
3. _____