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	

Second Step Middle School Program

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