

# PERSONALITY STRENGTHS EXERCISE

Tick the boxes to identify your strengths. Add others if you want  
Then get a friend, youth leader or relative to fill it in about you too

	<i>You</i>	<i>Friend</i>		<i>You</i>	<i>Friend</i>
Adventurous	<input type="checkbox"/>	<input type="checkbox"/>	Purposeful	<input type="checkbox"/>	<input type="checkbox"/>
Capable	<input type="checkbox"/>	<input type="checkbox"/>	Generous	<input type="checkbox"/>	<input type="checkbox"/>
Gentle	<input type="checkbox"/>	<input type="checkbox"/>	Caring	<input type="checkbox"/>	<input type="checkbox"/>
Hopeful	<input type="checkbox"/>	<input type="checkbox"/>	Forgiving	<input type="checkbox"/>	<input type="checkbox"/>
Committed	<input type="checkbox"/>	<input type="checkbox"/>	Organised	<input type="checkbox"/>	<input type="checkbox"/>
Humble	<input type="checkbox"/>	<input type="checkbox"/>	Kind	<input type="checkbox"/>	<input type="checkbox"/>
Caring	<input type="checkbox"/>	<input type="checkbox"/>	Attentive	<input type="checkbox"/>	<input type="checkbox"/>
Brave	<input type="checkbox"/>	<input type="checkbox"/>	Resourceful	<input type="checkbox"/>	<input type="checkbox"/>
Humorous	<input type="checkbox"/>	<input type="checkbox"/>	Resilient	<input type="checkbox"/>	<input type="checkbox"/>
Friendly	<input type="checkbox"/>	<input type="checkbox"/>	Encouraging	<input type="checkbox"/>	<input type="checkbox"/>
Respectful	<input type="checkbox"/>	<input type="checkbox"/>	Fair	<input type="checkbox"/>	<input type="checkbox"/>
Open	<input type="checkbox"/>	<input type="checkbox"/>	Honest	<input type="checkbox"/>	<input type="checkbox"/>
Co-operative	<input type="checkbox"/>	<input type="checkbox"/>	Reliable	<input type="checkbox"/>	<input type="checkbox"/>
Wise	<input type="checkbox"/>	<input type="checkbox"/>	Determined	<input type="checkbox"/>	<input type="checkbox"/>
Loving	<input type="checkbox"/>	<input type="checkbox"/>	Loyal	<input type="checkbox"/>	<input type="checkbox"/>
Thoughtful	<input type="checkbox"/>	<input type="checkbox"/>	Understanding	<input type="checkbox"/>	<input type="checkbox"/>
Patient	<input type="checkbox"/>	<input type="checkbox"/>	Hardworking	<input type="checkbox"/>	<input type="checkbox"/>
Helpful	<input type="checkbox"/>	<input type="checkbox"/>	Passionate	<input type="checkbox"/>	<input type="checkbox"/>
Fun	<input type="checkbox"/>	<input type="checkbox"/>	Loyal	<input type="checkbox"/>	<input type="checkbox"/>
Flexible	<input type="checkbox"/>	<input type="checkbox"/>	Creative	<input type="checkbox"/>	<input type="checkbox"/>