

# Reconnecting With Myself And My Strengths

## Things I'm Good At

1

2

3

## Compliments I have received

1

2

3

## What I like about my appearance

1

2

3

## Challenges I have overcome

1

2

3

## I have helped others by

1

2

3

## Things that make me unique

1

2

3

## What I value the most

1

2

3

## Times I have made others happy

1

2

3