

Worksheet – Activity 2 – Identifying my strengths

Worksheet: Inner diamond – Strengths reflection

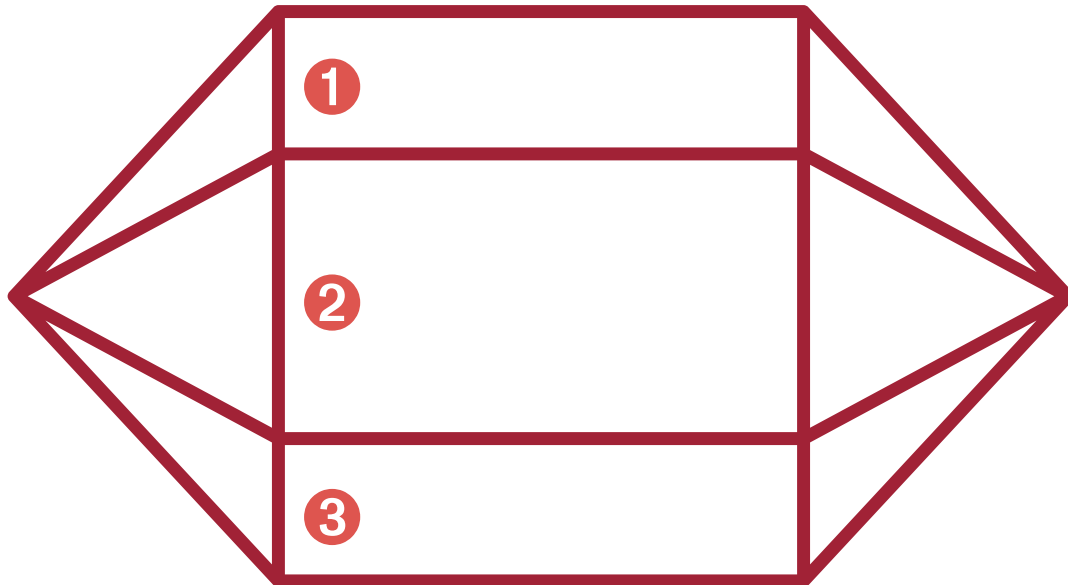
Name: _____ Date: _____

Inner diamond – strengths reflection

Instructions: By uncovering our character strengths, we are revealing our inner diamond. Reflect on the following prompts and make a note on the worksheet to bring your inner diamond to life.

1. What 3 character strengths did you identify? (*The three strengths you use the most*).

My inner diamond



2. How do your strengths enable you to manage better at school/in your life? **Write/draw:**

3. Are there any situations where your strengths might hold you back, present challenges, or may not serve you well? **Write/draw:**

4. Make a note of a character strength(s) you would like to pay more attention to and practice in the future, and why. **Write/draw:**