Strenths Exploration and Affirmations

What Are Strengths?

Strengths are the positive qualities and talents you naturally have. They can be traits like kindness, resilience, creativity, or patience. Knowing your strengths helps you feel more confident, capable, and ready to face challenges.

Why Is It Important to Identify Our Strengths?

Understanding your strengths is powerful because it reminds you of what you do well. When you focus on your strengths, you can boost your self-esteem, stay motivated, and handle stress better. Recognizing your strengths also helps you see your value and feel more positive about yourself.

What Are Affirmations?

Affirmations are positive statements you tell yourself to reinforce helpful beliefs and encourage a positive mindset. Examples include “I am enough,” “I am capable,” or “I deserve happiness.” Affirmations help combat negative thoughts and build confidence.

How Do Strengths and Affirmations Work Together?

Your strengths give you a solid foundation—proof of your abilities and qualities. You can use this foundation to create strong, truthful affirmations. For example, if you recognize that patience is one of your strengths, an affirmation could be, “I am patient and calm in difficult situations.” By linking your strengths to your affirmations, you make your positive statements more believable and meaningful, which helps reinforce your confidence and resilience.

Using Your Strengths to Support Affirmations:

- Complete the strengths exploration worksheets next.
- Turn those strengths into affirmations that you can say daily, writing them on stickys and identifying the best place to put these stickeys.
- Repeat your affirmations regularly, especially during challenging times, to boost your confidence and keep a positive outlook.

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CIRCLE ALL THE STRENGTHS YOU BELIEVE YOU POSSESS FROM THE LIST.

Adaptability
Ambition
Assertiveness
Attentiveness
Authenticity
Awareness
Appreciation of others
Bravery
Calmness
Caring
Certainty
Cleanliness
Clarity
Commitment
Compassion
Confidence
Constancy
Creativity
Curiosity
Dependability
Determination
Discipline
Discretion
Empathy
Endurance
Enthusiasm
Flexibility
Focus
Forgiveness
Friendliness
Generosity
Grace
Honesty
Humility
Humor
Imagination
Independence
Initiative
Integrity
Intelligence
Joyfulness
Kindness
Loyalty
Mindfulness
Motivation
Openness
Optimism
Organization
Passion
Patience
Perseverance
Perspective
Positivity
Resourcefulness
Respectfulness
Responsibility
Self-discipline
Self-confidence
Self-awareness
Sensitivity
Sincerity
Sociability
Spirituality
Spontaneity
Supportiveness
Tolerance
Trustworthiness
Wisdom
Willpower
Work ethic
Open-mindedness
Enthusiastic
Calm demeanor
Inspirational
Problem-solving skills
Reliability
Adaptability to change
Thoughtfulness

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Personal Fulfilment:
List the strengths you possess that help you achieve personal fulfillment:

List a specific time your strengths were able to help you with personal fulfilment.

Describe one new way you could use your strengths for personal fulfilment.

Relationships:
List the strengths you possess in relationships:

List a specific time your strengths were able to help you in a relationship.

Describe one new way you could use your strengths in relationships

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