My Strengths Inventory

Strengths are things you are good at. Name yours, then use them at IEP meetings, on resumes and in interviews.

Name _____ · Date _____

How self-confident are you? Check one.				
1 ☐ I'm not very self-confident.	**2** ☐ I have some self-confidence.	**3** ☐ I consider myself to have average self-confidence.	**4** ☐ I have self-confidence and it's growing every day!	**5** ☐ I'm super self-confident and I'm not afraid to show it!

	Things I know I'm good at	Things others tell me I'm good at Ask someone who knows you well.	Things I want to get better at
School			
Home			
Work			
Community			

Put it to use

My top 3 strengths: 1. _____ 2. _____ 3. _____

How one of my strengths could help me at a job: _____

Tip: "Work" can be a job, volunteer work or chores. Skip a row that doesn't fit your life yet.

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