

STRENGTHS *AND* GOOD QUALITIES PROMPTS

1. What is something about my personality that I genuinely like, even if I rarely talk about it?

2. Which personal strength has helped me through a difficult situation recently? What did I actually do that showed this strength?

3. What is a skill I have developed that I once struggled with?

4. What do people close to me tend to appreciate about me that I sometimes overlook?

5. When have I made someone else's day, even in a small or unnoticed way?

6. Which quality of mine has nothing to do with my appearance, grades, career, money, popularity, or achievements—and why does it matter to me?

