How to use this resource: Write some of your strengths in the spaces below. If you’re finding it tricky ask someone at home what they think your strengths are.

My Personal Strengths

These are things that will help you when you move up to Secondary school. Some examples could be: ‘being a good listener’, ‘able to talk to new people’ or ‘good at sports’. You may be able to add to the list as you think of more things.

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