

2. Strengths at School

Make a check mark (✓) in the column that describes you best.

At school:	Not at all	Sometimes	Almost always
1. I prepare for tests.			
2. I take notes in school (For instance, I copy from the board, or I write down what the teacher is saying).			
3. I use my listening skills in school.			
4. I pay attention to my work in class.			
5. I can work on my own when the teacher asks us to.			
6. I do my homework.			
7. I can read at my grade level or higher.			
8. When the teacher asks us to complete work in class, I finish on time.			
9. I get along well with school staff.			
10. I get involved in school sports. (For instance, I try out for teams, or support the teams.)			
11. I get involved in other things at school (such as clubs or events).			
12. I enjoy school.			
13. I attend my classes.			
14. I arrive on time for class.			

Your comments: _____

4. Strengths During Your Free Time

When I have free time:	Not at all	Sometimes	Almost always
1. I like to watch non-violent sports on T.V. (e.g., football, baseball, hockey & tennis).			
2. I have a favourite team.			
3. I watch TV shows that help kids and teens to learn.			
4. I play a sport outside of school.			
5. I like to listen to music.			
6. I play an instrument.			
7. I like to read.			
8. I like to write. (For instance, I write poems, stories, or in my journal.)			
9. On the computer, I play games and go to web pages that are the right age for me.			
10. I like to do art. (For instance, taking pictures, drawing, crafts)			
11. I do things in my community (For instance volunteering, going to events)			
12. I baby-sit or care for younger children.			
13. When I get bored, I think of something fun to do that won't get me into trouble.			
14. I stay active. (For instance, I go for walks, bike rides, or roller blading.)			
15. I like to bake or cook.			
16. I like games such as board games, cards, and video games that are the right age for me.			
17. I like to try doing new things.			
18. I like doing things outdoors like hunting, fishing, or camping.			
19. I have other hobbies. (You can talk about your hobbies below.)			

5. Strengths with Friends

When I am with people my own age:	Not at all	Sometimes	Almost always
1. I choose friends who like to have fun but stay safe and out of trouble.			
2. If one of my friends has a problem, I show that I care.			
3. I am honest with my friends.			
4. I can be the leader with my friends when we are deciding what to do.			
5. My friends like me.			
6. I get along well with my friends.			
7. If my friends are thinking about doing something that is not safe, I can decide not to go along with it.			
8. When my friends want to fight, I know how to help solve the problem or at least keep myself safe.			
9. If my friends are fighting, I know when to get help from an adult.			
10. I have at least one "best" friend with whom I am really close.			

Your comments: _____

Strengths with Dating

When I am with my boyfriend or girlfriend:	Not at all	Sometimes	Almost always
11. I am honest and open.			
12. I want to have a healthy relationship.			
13. I want to make the right choices about sex.			

Your comments: _____

6. Strengths from Knowing Myself

When I think about my personality, I know:	Not at all	Sometimes	Almost always
1. I have a good sense of humour.			
2. I am happy about life.			
3. I am open to finding out about new things.			
4. I feel hopeful about my life.			
5. I can control my anger.			
6. I know my own strengths.			
7. I feel confident.			
8. When something does not turn out the way I hoped, I can accept it.			
9. I can listen and accept feedback, whether it is good or bad.			
10. If there is something I am not good at, I try to get better or find something else I can do better.			
11. I can tell right from wrong.			
12. I can ask for help when I need it.			
13. I have skills that help me to solve problems.			
14. I can be creative or artistic.			
15. I can judge whether my own behaviour is good or bad.			
16. I am happy with the way I look.			
17. I can cope when something happens that makes me very sad.			
18. I can control my feelings when they start getting too strong.			

Your comments: _____