



Strengths-Based Reflection Sheet

Use this printable worksheet to notice what is working, identify your strengths, and build momentum.

1. Recent Wins

What _____ went _____ well _____ recently—big _____ or _____ small?

2. Strengths I Used

Which personal strengths helped me? (e.g., persistence, empathy, creativity, courage, organisation)

3. Evidence From Others

What positive feedback or appreciation have I received lately?

4. Energising Activities

What activities make me feel engaged, useful, or energised?

5. Challenges I've Handled Well

What difficulty have I navigated successfully, and how did I do it?

6. Best Self Moments

When did I feel most like myself this week/month?

7. Growth Opportunities

How can I use my strengths more intentionally in the next week?

8. One Next Step

What is one action I will take using my strengths?

Reflection: What did I learn about myself today?
