

Know your strengths

There's nothing more likely to make us freeze up than being asked to say something good about ourselves, even just to ourselves! If we were asked to list all the things we're rubbish at, we could probably answer in a flash! So...

Strengths: A few ideas to get you started

- I am creative
- I am brave
- I am funny
- I am fair
- I am honest
- I am forgiving
- I finish things I start
- I enjoy learning new things
- I have lots of energy
- I can see things from other people's point of view

**Do any of these sound like you?
Can you think of some more?**

