

Mark the strengths that you have. Put a star by one or more strengths you want to improve on. Share this list with your health care team.

* Curiosity, or love of learning
* Persistence, or continuing in spite of obstacles
* Kindness, or love
* Social intelligence, or being aware of your feelings and feelings of others
* Fairness, or treating people with respect and justice
* Humility, or modesty
* Self-control of actions, appetites, emotions
* Appreciation of beauty and excellence
* Gratitude
* Hopefulness, or having a positive attitude
* Able to adapt, be flexible or tolerant
* Able to cope well
* Able to express emotions well
* Able to express needs well
* Assertive
* Capable
* Courageous
* Creative
* Energetic or active
* Having faith or spirituality
* Future or goal oriented
* Being a good citizen or team player
* Good sense of humor
* Honest or sincere
* Intelligent or wise
* Motivated
* Open-minded
* Polite or kind
* Realistic or practical
* Resilient
* Resourceful
* Responsible or trustworthy
* Self-reliant or independent
* Sensitive or understanding
* Strong or tough
* Strong support system
* Thoughtful or careful
* Zest for life, spunky, or enthusiastic

**Strength-based Recovery**

* Strength-based practices promote resilience and self-acceptance for recovery and empowerment
* Challenges situations that may seem hopeless or helpless and doesn’t label people or tolerate stigma
* Builds hope from within, looking at past successes and promoting change by asking:

* What has worked before?
* What has not worked?
* Remember that you are unique – Your strengths and weaknesses are not the same as anyone else’s strengths and weaknesses.
* By getting help and looking at your strengths, a realistic, specific plan can be made to work for you and your situation.