



WIN THE DAY

SOLIDIFY YOUR STRENGTHS

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Which do you feel are your unique strengths as a person? (circle all that apply)

- Organized
- Resilient
- Positive
- Creative
- Focused
- Flexible
- Energetic
- Kind
- Respectful
- Good communicator
- Patient
- Brave
- Calm
- Honest
- Motivated
- Disciplined
- Ambitious
- Curious
- Trustworthy
- Logical

Or add your own: _____

List your TOP 5 strengths from all of the ones that you circled.

- 1.
- 2.
- 3.
- 4.
- 5.

How can you use EACH of these 5 strengths to achieve your personal or team goals?

- 1.
- 2.
- 3.
- 4.
- 5.

How can you use your top strengths to become a better teammate, student, family member or friend?